Appendix of Catholic Beliefs and Practices

Ten Commandments
Beatitudes
Precepts of the Church
Spiritual Works of Mercy
Corporal Works of Mercy
Theological Virtues
Cardinal Virtues
Liturgical Seasons
Liturgical Colors

Confirmation Questions, Diocese of Scranton
The Ten Commandments (Exodus 20:2-17 and Deuteronomy 5:6-21)

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

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

3. Remember to keep holy the Lord’s Day.

4. Honor your father and your mother.

5. You shall not kill.

6. You shall not commit adultery.

7. You shall not steal.

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

9. You shall not covet your neighbor’s wife.

10. You shall not covet your neighbor’s goods.
Study Sheet

**Precepts of the Church** *(CCC #2041-2043, 2048)*

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile work.

2. You shall confess your sins at least once a year.

3. You shall receive the sacrament of the Eucharist at least during the Easter season.

4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church.

**Beatitudes** *(Matthew 5:3-10 and Luke 6:20-25; CCC #1716-1717)*

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

2. Blessed are they who mourn, for they will be comforted.

3. Blessed are the meek, for they will inherit the land.

4. Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.

5. Blessed are the merciful, for they will be shown mercy.

6. Blessed are the clean of heart, for they will see God.

7. Blessed are the peacemakers, for they will be called children of God.

8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.
The Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile work.

   The Holy Days of Obligation in the United States are:

   - January 1   Mary, the Mother of God
   - Forty Days after Easter  Ascension of the Lord
   - August 15   Assumption of the Blessed Virgin Mary
   - November 1   All Saints
   - December 8   Immaculate Conception of the Blessed Virgin Mary
   - December 25   Nativity of the Lord

2. You shall confess your sins at least once a year.

   The precept to confess at least once a year is a reminder to receive the Sacrament of Penance, also called Reconciliation, on a regular basis. If no grave sin has been committed, confession is not necessary [1493]. However, frequent confession is of great value in helping us to be more deeply conformed to Christ and to be more open to the voice of the Holy Spirit in our lives [2042].

3. You shall receive the sacrament of the Eucharist at least during the Easter season.

   To receive Holy Communion, a person must be in the state of grace, (that is, be free from mortal sin), have a right intention (that is, to receive the Body and Blood of Christ, not to act out of routine or for the sake of human recognition), and have observed the Communion fast. The Communion fast means that you may not eat or drink anything but water for one hour before receiving (sick and aged persons are excluded). [1387,1415]

   The Easter season begins at the Easter Vigil and lasts for fifty days through Pentecost Sunday. ("for U.S. Catholics, however, the period for fulfilling the Easter duty begins with the first Sunday of Lent and ends with Trinity Sunday, a week after Pentecost")

4. You shall observe the days of fasting and abstinence established by the Church.

   Regulations for Fast and Abstinence [2043]

   “All persons who have completed their fourteenth year are bound by the law of abstinence: all adults are bound by the law of fast up to the beginning of their sixtieth year” (Canon Law 1252). The law of abstinence forbids eating of meat. The law of fasting allows one full meal and two lighter meals in the course of the day and prohibits eating between meals.

   Days of Fast and Abstinence in the U.S. are:
   - Ash Wednesday and Good Friday

   Days of Abstinence only are:
   - Fridays during Lent

5. You shall help to provide for the needs of the Church.
Works of Mercy

God works through us when we perform the corporal and spiritual works of mercy. “The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities.” (CCC #2447)

Spiritual Works of Mercy (CCC 2443, 2447)

- Admonish the sinner.
- Instruct the ignorant.
- Counsel the doubtful.
- Comfort the sorrowful.
- Bear wrongs patiently.
- Forgive all injuries.
- Pray for the living and the dead. (CCC #958, 1032)

Corporal Works of Mercy (CCC 2443, 2447)

- Feed the hungry.
- Give drink to the thirsty.
- Clothe the naked.
- Visit the imprisoned.
- Shelter the homeless.
- Visit the sick.
- Bury the dead. (CCC #1681-90, 2300)
The Theological Virtues

The human virtues are rooted in the theological virtues, which adapt man’s faculties for participation in the divine nature: for the theological virtues relate directly to God. They dispose Christians to live in a relationship with the Holy Trinity. They have the One and Triune God for their origin, motive, and object. (CCC #1812)

The three theological virtues (CCC #1812-1829) are:

- Faith
- Hope
- Charity

The Cardinal Virtues

Four virtues play a pivotal role and accordingly are called “cardinal”; all the others are grouped around them… “If anyone loves righteousness, [Wisdom’s] labors are virtues; for she teaches temperance and prudence, justice, and courage.” These virtues are praised under other names in many passages of Scripture. (CCC #1805)

The four cardinal virtues (CCC #1805-1809) are:

- Prudence
- Justice
- Fortitude
- Temperance
**Liturgical Seasons of the Year**

*Advent*  
Begins on the Fourth Sunday before Christmas; ends on December 24th

*Christmas*  
Begins at sunset on December 24th; ends on the Feast of the Baptism of the Lord

*Lent*  
Ash Wednesday to Holy Thursday

**Holy Week**  
Final week of Lent; Passion (Palm) Sunday through Holy Saturday

**Paschal (Easter) Triduum:** Begins on Holy Thursday evening; ends on the evening of Easter Sunday.

*Easter*  
Easter Sunday to Pentecost Sunday

*Ordinary Time*  
33-34 weeks of the year between the Christmas Season and Lent and then between the Easter Season and Advent; ends on the Solemnity of Christ the King

**Liturgical Colors**

*White*  
Sundays in Eastertime, Solemnities of Our Lord and the Blessed Virgin Mary and Funeral Masses

*Red*  
Pentecost; Holy Thursday and Good Friday; Feasts of Apostles and Martyrs

*Violet*  
Advent and Lent

*Green*  
Sundays in Ordinary Time

*Rose*  
Gaudete Sunday (3rd Sunday in Advent) and Laetare Sunday (4th Sunday of Lent)
CONFIRMATION QUESTIONS

1. What is Confirmation?

Confirmation is a sacrament in which the Holy Spirit comes to us in a special way to make us strong and perfect Christians and witnesses of Jesus Christ.

2. What is a Sacrament?

A Sacrament is an outward sign instituted by Christ to give grace.

3. How many sacraments or outward signs are there?

There are seven Sacraments: Baptism, Confirmation, Holy Eucharist (Sacraments of Initiation); Penance (Reconciliation) and Anointing of the Sick (Sacraments of Healing); Matrimony and Holy Orders (Sacraments at the Service of Communion).

4. Who is the ordinary minister of Confirmation?

The Bishop is the ordinary minister of Confirmation.

5. How does the Bishop give Confirmation?

The Bishop extends his hands over those to be confirmed, prays that the Holy Spirit may descend upon them, and anoints the forehead of each with Holy Chrism.

6. What is Holy Chrism?

Holy Chrism is a mixture of olive oil and balm blessed by the Bishop on Holy Thursday or any day during Holy Week.

7. What are the Gifts of the Holy Spirit?

The gifts of the Holy Spirit are seven: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety (Reverence) and Fear of the Lord (Wonder and Awe) CCC 1831-1845.

8. What name are you taking for Confirmation and what does it mean?

9. What service project did you perform?

10. What does the name of your parish signify?