

We encourage all catechists preparing others for Confirmation to put this faculty into use in an intelligent and even original way. In this way those preparing for Confirmation will receive from Catechists not only the ability to tell others what they understand - an articulate faith understanding of the Sacrament of Confirmation.

The National Catechetical Directory (176,e) includes in the formulations to be committed to memory the following:

#### Basic Prayers

The Sign of the Cross  
Lord's Prayer  
Hail Mary  
Apostles' Creed  
Acts of Faith, Hope and Charity  
Acts of Contrition

#### The Lists of the Sacraments

##### Sacraments of

##### Initiation

Baptism  
Confirmation  
Holy Eucharist

##### Reconciliation and Healing

Penance (Reconciliation)  
Anointing of the Sick

##### Commitment

Matrimony  
Holy Orders

#### The Liturgical Seasons

Advent  
Christmas  
Lent  
Holy Week  
Easter Tridum  
Easter Season  
Ordinary Time  
(“Proper of Seasons” - Sacramentary)

#### The Holy Days of Obligation

Solemnity of Mary, the Mother of God	January 1
Immaculate Conception	December 8
Ascension of Our Lord	40 days after Easter
Assumption of the Blessed Virgin Mary	August 15
All Saints Day	November 1
Christmas - Nativity of our Lord	December 25

## Formulas and Practices Dealing With the Moral Life of Christians

### THE SPECIFICS OF MORALITY

“The specifics of morality should be taught in light of the Ten Commandments (cf. Appendix A), the Sermon on the Mount, especially the beatitudes, and Christ’s discourse at the Last Supper. Whatever approach is used, students should know the decalogue as part of their religious heritage. Among the matters to be treated are the spiritual and corporal works of mercy, the theological and moral virtues, the seven capital sins, the traditional formulations concerning the Christian moral life which express the wisdom, drawn from experience and reflection, of those who have gone before us in the faith. Catechesis in Christian living should also include what are called the “Precepts of the Church”. (Cf. Appendix B) The Bible and the lives of the saints provide concrete examples of moral living”.

(National Catechetical Directory 105)

### THE TEN COMMANDMENTS

The Ten Commandments of God are of special importance in teaching specifics of morality. The Old Testament, the New Testament, and the long tradition of the Church testify to this. A summary of the Ten Commandments of God is:

1. I, the Lord, am your God. You shall not have others gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath 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 anything that belongs to your neighbor.

### THE DUTIES OF THE CATHOLIC CHRISTIANS

1. To keep holy the day of the Lord’s resurrection; to worship God by participating in Mass every Sunday and holy day of obligation; to avoid those activities that would hinder the renewal of soul and body. For example, needless work and business activities, unnecessary shopping.
2. To lead a sacramental life. This means to receive Holy Communion at least once a year between the first Sunday of Lent and Trinity Sunday, receiving the sacrament of reconciliation beforehand if serious sin is involved. But this also means that all are urged and expected to receive these sacraments frequently.
3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to study and advance the cause of Christ.
4. To observe the marriage laws of the Church; to give religious training (by word and example) to one’s children; to use parish schools and religious education programs
5. To strengthen and support the Church; one’s own parish community and parish priests; the worldwide Church and the Holy Father.

6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church

### THE BEATITUDES

Happy are the poor in spirit; the kingdom of God is theirs.

Happy are the sorrowing; they shall be consoled.

Happy are the gentle; they possess the earth.

Happy are those who hunger and thirst for holiness; they shall have their fill.

Happy are the merciful; for mercy shall be shown to them.

Happy are the pure of heart; they shall see God.

Happy are the peacemakers, they shall be called children of God.

Happy are you when you are insulted and persecuted and criticized because of me; be glad and rejoice, for your reward in heaven will be great.

### SEVEN GIFTS OF THE HOLY SPIRIT

Wisdom - is the supernatural gift of the holy Spirit which enables us to penetrate the meaning of the truths of our Catholic faith.

Counsel - is the supernatural gift which helps us to act as we know God would want us to act and to help others do the same.

Understanding - is the supernatural gift which helps us put the thought of God first in our lives and then to judge persons and situations accordingly.

Knowledge - is the supernatural gift which helps us to use the works of creation according to God's plan and for his glory.

Fortitude - is the supernatural gift which leads us to undertake challenging tasks in the service of God and to suffer patiently the difficulties we meet in that service.

Piety - is the supernatural gift which urges us to an affectionate and child-like worship of our heavenly father.

Fear of the Lord - is the supernatural gift which enables the believer to respect and to serve God as a loved child who does not want to offend his divine Parent

### FRUITS OF THE HOLY SPIRIT

The Fruits of the Holy Spirit are:

Love, joy, peace, patient endurance, kindness, generosity, mildness and chastity  
(Cf. Gal. 5:22-23)

### THEOLOGICAL VIRTUES

Faith, Hope and Charity.