

## Knowledge Checklist for Confirmation

### The Catholic Ten Commandments (*From Exodus 20:1-17*)

1. I am the Lord thy God and thou shalt not have any strange gods before me.
2. Thou shalt not take the name of the Lord
3. Remember to keep holy the Lord's Day.
4. Honor thy Father and 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 neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.



#### The Seven Sacraments

##### *Sacraments of Christian Initiation*

1. Baptism
2. Confirmation
3. Eucharist

##### *Sacraments of Healing*

4. Reconciliation/Confession
5. Anointing of the Sick

##### *Sacraments of Vocation*

6. Holy Orders
7. Matrimony

### HAIL MARY

Hail Mary! Full of grace. The Lord is with thee. Blessed are you among women, and blest is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

### GLORY BE

Glory be to the Father, the Son, and the Holy Spirit. As it was in the beginning, is now, and ever shall be. World without end. Amen.

### 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.

### ACT OF CONTRITION (older)

O my God, I am heartily sorry for having offended Thee. And I detest all my sins, because of Thy just punishment. But most of all, because I have offended You. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasion of sin. Amen.

### O Lord, give me what it takes to be a holy youth.....

- Give me **courage** to do what is hard; courage to say no to sin; courage to hold off the quitter in me.
- Give me a **clean mind and clean speech**; clean eyes and clean hands. Let me cherish cleanness, and recognize that it brings happiness. Let me appreciate that in purity all good things grow.
- Give me a **gift for kindness**, so I may never hurt another youth. Teach me to control my temper and my tongue, so they do not become the instruments of cruelty. I know my own importance, Lord; but let me never fail to see that others have importance, too.
- Give me **strength of spirit** to defeat self-pity. If I am lonesome, lead me to the knowledge that to be loved I must be lovable; that I will have no real friends until I earn them.
- Give me that bigness I will need to be **cheerfully obedient**. Remove from my personality a sullen spirit. Teach me to take orders, so that some day I will know how to give them reasonably.
- Give me **zest and drive to conquer laziness**. Never let me feel that I can be served without serving, or get without giving. Instruct my heart in the love of work so I may know the joy of rest.
- Give me that peace of mind which comes from knowing that I will **never lead another to sin**. By Your grace, may no one be cheapened because he kept my company. Let all who love me learn to love You more. Give me, finally, such **brightness, laughter, and grace**, that You will find in me a temple which will please You as Mary pleased You. Amen

## Knowledge Checklist for Confirmation

### **HOLY DAYS OF OBLIGATION**



1. January 1, the solemnity of Mary, Mother of God
2. Thursday of the Sixth Week of Easter, the solemnity of the Ascension
3. August 15, the solemnity of the Assumption of the Blessed Virgin Mary
4. November 1, the solemnity of All Saints
5. December 8, the solemnity of the Immaculate Conception
6. December 25, the solemnity of the Nativity of Our Lord Jesus Christ

### **Spiritual Works of Mercy**

1. Admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bearing wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead

### **Corporal Works of Mercy**

1. Feeding the hungry
2. Give drink to the thirsty
3. Clothing the naked
4. Visiting the sick
5. Visit the imprisoned
6. Sheltering the homeless
7. Burying the dead

### **Fruits of the Holy Spirit**

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

### **The Beatitudes**

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they shall be comforted.
- Blessed are the meek, for they shall inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure in heart, for they shall see God.
- Blessed are the peacemakers, for they shall be called sons of God.
- Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds evil against you on my account. Rejoice and be glad, for your reward is great in heaven.)

### **Gifts of the Holy Spirit**

- The gift of **wisdom**, by detaching us from the world, makes us relish and love only the things of heaven.
- The gift of **understanding** helps us to grasp the truths of religion as far as is necessary.
- The gift of **counsel** springs from supernatural prudence, and enables us to see and choose correctly what will help most to the glory of God and our own salvation.
- By the gift of **fortitude** we receive courage to overcome the obstacles and difficulties that arise in the practice of our religious duties.
- The gift of **knowledge** points out to us the path to follow and the dangers to avoid in order to reach heaven.
- The gift of **piety**, by inspiring us with a tender and filial confidence in God, makes us joyfully embrace all that pertains to His service.
- The gift of **fear of the Lord** fills us with a sovereign respect for God, and makes us dread, above all things, to offend Him.