Catholic Essentials Reference Guide

The Most Holy Trinity

- One God in Three Divine Persons:
  - The Father
  - The Son (Jesus)
  - The Holy Spirit

Theological Virtues

- Faith - Hope - Charity (Love)

Ten Commandments (Exodus 20:2–17)

1. I am the Lord your God; you shall have no other 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 mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Seven Sacraments (CCC 1210–1666)

- **Baptism** (John 3:5)
- **Confirmation** (Acts 2, 8:14–17)
- **Eucharist** (Luke 22:19–20)
- **Confession/Reconciliation** (John 20:22–23)
- **Anointing of the Sick** (James 5:14–15)
- **Holy Orders** (2 Tim 1:6)
- **Matrimony** (Mark 10:6–9)

Seven Deadly Sins → Virtues (CCC 1866)

- Pride → **Humility**
- Greed → **Generosity**
- Lust → **Chastity**
- Anger → **Gentleness / Patience**
- Gluttony → **Temperance**
- Envy → **Gratitude / Kindness**
- Sloth → **Diligence**

Gifts of the Holy Spirit

- **Wisdom**: Seeing from God's perspective and ordering one's life accordingly. (e.g. Because Jesus is God, I will…)
- **Understanding**: Comprehending the truths God has revealed.(e.g. Jesus being God is true and matters because…)
- **Counsel (Right Judgement)**: Knowing what God wants in big or small situations.
- **Fortitude**: The gift of strength and courage to do what is right, remain faithful, or persevere in difficult situations.
- **Knowledge**: Discovering truths given to us by God.(e.g. Jesus is God.)
- **Piety (Reverence)**: Loving devotion and profound respect toward God.
- **Fear of the Lord (Wonder & Awe)**: Deep recognition and honor of God's greatness and majesty, which recognizes His transcendence and our dependence on Him.

Fruits of the Holy Spirit

- Charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity.

The Beatitudes (Matthew 5:3–12)

- 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 children of God.
- Blessed are those persecuted for righteousness' sake, for theirs is the kingdom of heaven.

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Corporal Works of Mercy (Mt 25:35–36)

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead

Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the sorrowful.
5. Bear wrongs patiently.
6. Forgive offenses.
7. Pray for the living and the dead.