# Saint Rita Parish

# Confirmation Study Guide

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# Theology:

# Faith Seeking Understanding

# The Ten Commandments Exodus 20:1-20

# Moses gave us the Law.

1. I am the [Lord](http://www.catholic.org/encyclopedia/view.php?id=5217) your God; you shall not have strange gods before Me.  
2. You shall not take the Name of the [Lord](http://www.catholic.org/encyclopedia/view.php?id=5217) your [God](http://www.catholic.org/encyclopedia/view.php?id=5217) 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](http://www.catholic.org/encyclopedia/view.php?id=12423) against your neighbor.  
9. You shall not covet your neighbor's wife.  
10. You shall not covet your neighbor's goods.

**The Eight Beatitudes Matthew 5:3-12**

**Jesus completed the Law and gave Grace and Truth.**

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 of heart, for they shall see God.   
Blessed are the peacemakers, for they shall be called [sons](http://www.catholic.org/shopping/?category=28) 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 of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

**The Two Great Commandments**

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

**Gifts of the Holy Spirit (Corresponding Beatitude)**

**Fear of the Lord** Foundation Gift / Desire not to offend God / grateful to God **(Poor in Spirit)**

# Piety give honor, respect and love to God / longing for Him (Meek)

# Knowledge see all creation and creatures in light of God / true self-knowledge (Mourn)

# Fortitude Central Gift / Persevere and fight for holiness / sensing God’s presence (Hunger and Thirst for Righteousness)

# Counsel Open to the Holy Spirit / make the right choice/all decisions are tempered with mercy (Merciful)

# Understanding Understanding the mysteries and truths of the Faith / God “moving and working” in our soul (Pure of Heart)

# Wisdom Highest Gift / See everyone and everything as God does/only concern is God (Peacemakers)

# Fruits of the Holy Spirit

# Charity (Love)

# Joy

# Peace

# Patience

# Kindness

# Goodness

# Generosity

# Gentleness

# F[aithfulness](http://catholicism.about.com/od/beliefsteachings/p/Faith.htm) (Fidelity)

# Modesty

# Self Control (Continence)

# Chastity

# The Seven Sacraments

# Sacraments of Initiation Initiate, Indoctrinate

# Baptism

# Holy Eucharist

# Confirmation

# Sacraments of Reconciliation Heal, Restore, Reconcile

# Penance

# Anointing of the Sick

# Sacraments of Mission Vocation, Service, Universal Call to Holiness

# Matrimony

# Holy Orders

# Sacrament – an outward sign of inward grace, instituted by Christ.

# Sanctifying Grace – a free gift from God (like Faith), that refers to the divine life of God in our soul. This is how we share in the life and love of the Holy Trinity.

# Sacrament Form (words) Matter (physical)

# Baptism “I baptize you….” Natural Water

# Holy Eucharist Words of Consecration Bread and Wine

# Confirmation “Be sealed…..” Chrism

# Penance Words of Absolution Confessing sins

# Anointing of the Sick “Through this Holy….” Oil of the Sick

# Holy Orders Words of Ordination Imposition of Hands

# Matrimony “I, (name) take you….” Exchanging of Vows

# Vice and Virtue

# Vice – bad habits.

# Virtue – good habits that put reason and order to our passions and emotions. (A habitual and firm disposition to do good.) Natural virtues are acquired through repeated action; supernatural virtues are freely given to us by God.

# Theological Virtues given by God, ordered towards God. We cannot merit them as they are a gift, freely given.

# Faith To know and believe in God personally and through Divine Revelation (The Door)

# Hope To desire and trust God, and to know that heaven is our eternal reward (The Journey)

# Charity (Love) To become like God / To love God above all things / Love always endures, even in Heaven – we do not need the other 2 virtues once we get to heaven (The Goal)

# Cardinal Virtues These four human virtues determine what kind of life we will lead – all other virtues “hinge” on them

# Prudence Chief moral virtue that directs the other virtues / wise judgment and proper action, always towards good (know the right thing to do, and have the will to do it)

# Justice Give to others what is theirs by right (what is “due” to them) / act fairly and honestly

# Fortitude Courage to do good despite fear, danger, difficulty

# Temperance Self control, moderation, master our passions/desires

# The Seven Capital Sins and Opposing Virtue

# Pride Humility

# Avarice (Greed) Generosity

# Lust Chastity

# Envy Charity

# Gluttony Temperance

# Anger Meekness

# Sloth Diligence

**Sacrament of Penance**

**The six points to make a good Confession are:**

1. Examination of conscience

# Mortal Sin – an offense against God that meets these criteria: 1) it is seriously wrong (Grave Matter), 2) we must know it is seriously wrong (Full Knowledge), and 3) we freely commit the sin anyway (Full Consent of the Will). Mortal sin destroys all grace in our soul and separates us from God.

# Venial Sin – an offense against God that weakens our relationship with God and is dangerous to our well-being. However, venial sin does not separate us from God – we are still in a state of grace and able to receive Holy Communion.

1. Sorrow for sin

**Perfect Contrition** – sorrow for sin because you offended God (love of God)

**Imperfect Contrition** – sorrow for sin because of the punishment (fear of God)

1. A firm resolve to avoid sin in the future (an act of the will)
2. Confession of sins
3. Act of Contrition
4. Completing the assigned penance (make satisfaction)

# The Mysteries of the Rosary

### [Joyful Mystery of the Rosary](http://www.catholic.org/prayers/mystery.php?id=1) Monday & Saturday

1. [The Annunciation of the Lord to Mary](http://www.catholic.org/prayers/mystery.php?id=1#1)
2. [The Visitation of Mary to Elizabeth](http://www.catholic.org/prayers/mystery.php?id=1#2)
3. [The Nativity of our Lord Jesus Christ](http://www.catholic.org/prayers/mystery.php?id=1#3)
4. [The Presentation of our Lord](http://www.catholic.org/prayers/mystery.php?id=1#4)
5. [Finding Jesus in the Temple at age 12](http://www.catholic.org/prayers/mystery.php?id=1#5)

### [Luminous Mystery of the Rosary](http://www.catholic.org/prayers/mystery.php?id=4) Thursday

1. [The Baptism in the Jordan](http://www.catholic.org/prayers/mystery.php?id=4#1)
2. [The Wedding at Cana](http://www.catholic.org/prayers/mystery.php?id=4#2)
3. [The Proclamation of the Kingdom](http://www.catholic.org/prayers/mystery.php?id=4#3)
4. [The Transfiguration](http://www.catholic.org/prayers/mystery.php?id=4#4)
5. [The Institution of the Eucharist](http://www.catholic.org/prayers/mystery.php?id=4#5)

### [Sorrowful Mystery of the Rosary](http://www.catholic.org/prayers/mystery.php?id=2) Tuesday & Friday

1. [The Agony of Jesus in the Garden](http://www.catholic.org/prayers/mystery.php?id=2#1)
2. [The Scourging at the Pillar](http://www.catholic.org/prayers/mystery.php?id=2#2)
3. [Jesus is Crowned with Thorns](http://www.catholic.org/prayers/mystery.php?id=2#3)
4. [Jesus Carried the Cross](http://www.catholic.org/prayers/mystery.php?id=2#4)
5. [The Crucifixion of our Lord](http://www.catholic.org/prayers/mystery.php?id=2#5)

### [Glorious Mystery of the Rosary](http://www.catholic.org/prayers/mystery.php?id=3) Wednesday & Sunday

1. [The Resurrection of Jesus Christ](http://www.catholic.org/prayers/mystery.php?id=3#1)
2. [The Ascension of Jesus to Heaven](http://www.catholic.org/prayers/mystery.php?id=3#2)
3. [The Descent of the Holy Ghost](http://www.catholic.org/prayers/mystery.php?id=3#3)
4. [The Assumption of Mary into Heaven](http://www.catholic.org/prayers/mystery.php?id=3#4)
5. [Mary is Crowned as Queen of Heaven and Earth](http://www.catholic.org/prayers/mystery.php?id=3#5)

[**Stations**](http://www.catholic.org/prayers/station.php?id=15) **of the Cross**

**14 “stations” detailing Jesus’ last day on earth as a man, commonly prayed during Lent**

[1st Station: Jesus is condemned to death](http://www.catholic.org/prayers/station.php?id=1)

[2nd Station: Jesus carries His cross](http://www.catholic.org/prayers/station.php?id=2)

[3rd Station: Jesus falls the first time](http://www.catholic.org/prayers/station.php?id=3)

[4th Station: Jesus meets his mother](http://www.catholic.org/prayers/station.php?id=4)

[5th Station: Simon of Cyrene helps Jesus to carry his cross](http://www.catholic.org/prayers/station.php?id=5)

[6th Station: Veronica wipes the face of Jesus](http://www.catholic.org/prayers/station.php?id=6)

[7th Station: Jesus falls the second time](http://www.catholic.org/prayers/station.php?id=7)

[8th Station: Jesus meets the women of Jerusalem](http://www.catholic.org/prayers/station.php?id=8)

[9th Station: Jesus falls a third time](http://www.catholic.org/prayers/station.php?id=9)

[10th Station: Jesus is stripped of His clothes](http://www.catholic.org/prayers/station.php?id=10)

[11th Station: Jesus is nailed to the cross](http://www.catholic.org/prayers/station.php?id=11)

[12th Station: Jesus dies on the cross](http://www.catholic.org/prayers/station.php?id=12)

[13th Station: The body of Jesus is taken down from the cross](http://www.catholic.org/prayers/station.php?id=13)

[14th Station: Jesus is laid in the tomb](http://www.catholic.org/prayers/station.php?id=14)

**Works of Mercy**

**Corporal Works of Mercy**  
  
Feed the hungry

Give drink to the thirsty

Clothe the naked

Shelter the homeless

Visit the sick

Visit the imprisoned

Bury the dead

**Spiritual Works of Mercy**

Counsel the doubtful

Comfort the afflicted

Instruct the ignorant

Admonish the sinner

Forgive all injuries

Bear wrongs patiently

Pray for the living and the dead

**Marks of the Church**

The Nicene Creed was written centuries ago to help Christians remember the important beliefs of the Faith. In

the Nicene Creed we identify the four marks of the Church. The four marks of the Church are not characteristics

that the Church creates or develops. The 4 marks of the church are qualities that Jesus Christ shares with his

Church through the Holy Spirit. **The four marks of the Church are that it is ONE, HOLY, CATHOLIC,**

**APOSTOLIC.**

**The Church Is ONE** – One God; One Faith; One Creed; One Holy Sacrifice of the Mass; Unity   
  
**The Church Is HOLY** – Holy in origin (Jesus); Holy in its members (Communion of Saints); Holy in its purpose (Heaven)  
  
**The Church Is CATHOLIC** - *Catholic* means “universal;” Salvation is meant for everyone; the Church’s mission is to proclaim Christ and the Good News to the entire human race

**The Church Is APOSTOLIC** – The Pope and bishops are the successors of the Apostles

# Precepts of the Church

The Precepts of the Church describe the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor.

1. Attend Mass on Sundays and Holy Days of Obligation
2. Confess sins at least once a year
3. Receive Holy Communion at least once a year during the Easter season
4. Observe the days of fast and abstinence
5. Provide for the needs of the Church (time, talent, treasure)

**Hierarchy of the Church**

**Jesus**  Founder and invisible head of the Church

**Pope Francis** Current Pope and Bishop of Rome

**Bishop Michael Burbidge** Bishop of Arlington (Diocese)

**Rev. Daniel Gee** Pastor of Saint Rita Church

**Rev. Vincent Bork** Parochial Vicar of Saint Rita Church

**Magisterium** Teaching office/authority of the Church (Pope, and Bishops in union with the Pope)

**Liturgical Seasons of the Church (in order from the beginning of the Church year)**

Advent

Christmas

Ordinary Time (short)

Lent

Triduum (Holy Thursday, Good Friday, Holy Saturday)

Easter

Ordinary Time (long)

**Liturgical Colors of the Church**

**Violet**  Penance/Humility Advent and Lent

Melancholy

**Rose**  Joy Gaudete Sunday

(3rd Sunday of Advent),

Laetare Sunday

(4th Sunday of Lent)

**Green**  Life Eternal/Hope Ordinary Time

**Red**  Passion/Martyrdom Pentecost,

Fire/Blood Feasts of the Lord’s Passion, Martyrs

**Black** Mourning/Sorrow All Souls Day,

Mass of the Dead

**White**  Purity/Joy Christmas, Easter,

Feasts of Saints

(not martyred),

Weddings

**Gold**  Joy Can replace white,

red, green

**Holy Days of Obligation**

**6 Holy Days of Obligation are celebrated in the United States.**  
  
**January 1**—Mary, Mother of God  
**Fortieth day after Easter**—Ascension Thursday  
**August 15**—Assumption of the Blessed Virgin Mary  
**November 1**—All Saints  
**December 8**—Immaculate Conception  
**December 25**—Nativity of Our Lord Jesus Christ

**The following days are extremely important, but not Holy Days of Obligation:**

**Ash Wednesday** – The 1st day of Lent

**Holy Thursday** – The Mass of our Lord’s Last Supper **Good Friday** – The day our Lord was crucified and died

**All Souls Day** – Nov 2

**Truths of the Faith**

The Holy Trinity is one God in three divine, equal, and distinct persons – God the Father, God the Son, and God the Holy Spirit.

God created the entire universe out of nothing.

Man was made in the image and likeness of God.

Man has a material body and a spiritual soul.

God created man to **know, serve, and love** Him.

**Truths regarding the Eucharist**

The Eucharist is the body, blood, soul and divinity of our Lord Jesus Christ. (Council of Trent)

The Eucharist is the source and summit of the Christian life. (CCC 1324)

The Eucharist is a Sacrament AND a Sacrifice – the perfect sacrifice.

In the Eucharist we receive Grace AND the Source of all Grace, namely Jesus Christ.

The Eucharist preserves us form mortal sin and strengthens us to avoid venial sin.

**Truths regarding the Sacrament of Confirmation**

The Sacrament of Confirmation is necessary for the completion of Baptismal grace. (CCC 1285)

The Sacrament of Confirmation gives us the special strength of the Holy Spirit **to learn, live, love, and defend the Faith.**

The Sacrament of Confirmation, like Baptism and Holy Orders, imprints and indelible mark on our soul signifying that we belong totally to Christ.

In the Sacrament of Confirmation we receive the same outpouring of the Holy Spirit as the Apostles did at Pentecost, and we are “sealed” with the gift of the Holy Spirit.

**Prayers**

# The Sign of the Cross

# In the Name of the Father, and the Son, and the Holy Spirit, Amen.

# The Our Father

# Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy [will](http://www.catholic.org/encyclopedia/view.php?id=12332) 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 your womb, Jesus, Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

# The Glory Be

# 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.

# The Fatima Prayer

# O My Jesus, forgive us our sins, save us from the fires of [Hell](http://www.catholic.org/encyclopedia/view.php?id=5634) and lead all souls to Heaven, especially those who are in most need of Thy mercy.

# Grace before Meals

# Bless us, O Lord, and these, Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

# Grace after Meals

# We give You thanks for all Your gifts, O Almighty God, who live and reign world without end. Amen.

# Prayer for the holy souls

# May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

# 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.**

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# The Apostle’s Creed

# I believe in God, the Father Almighty, Creator of [heaven](http://www.catholic.org/encyclopedia/view.php?id=5593) and earth;

# And in [Jesus](http://www.catholic.org/clife/jesus) Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried.

# He descended into hell; the third day He rose again from the dead;

# He ascended into heaven, is seated at the [right](http://www.catholic.org/encyclopedia/view.php?id=10046) hand of [God](http://www.catholic.org/encyclopedia/view.php?id=5217) the Father Almighty; from thence He shall come to judge the living and the dead.

# I believe in the Holy Spirit, the Holy [Catholic](http://www.catholic.org/encyclopedia/view.php?id=2678) Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and [life](http://www.catholic.org/encyclopedia/view.php?id=7101) everlasting. Amen.

# The Act of Contrition

# O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

# Prayer to St. Michael the Archangel

# St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, cast into hell Satan, and all the evil spiritsceiv who prowl about the world seeking the ruin of souls. Amen.

# Prayer to your Guardian Angel

Angel of God,  
my guardian dear,  
To whom God's love  
commits me here,  
Ever this day,  
be at my side,  
To light and guard,  
Rule and guide. Amen.

**The *Memorare***

Remember,  
O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help or sought thy intercession,  
was left unaided.   
Inspired with this confidence,  
I fly unto thee,  
O Virgin of virgins my Mother;  
to thee do I come,  
before thee I stand,  
sinful and sorrowful;  
O Mother of thy Word Incarnate,  
despise not my petitions,  
but in thy clemency hear and answer me.  
Amen.

**Father Josh’s guide to Lectio Divina**

Start with a passage from the Bible:

1. **Read** something from the Scriptures-the Gospels are a great place to start.

2. **Meditate**-what is this passage saying to me?

3. **Pray**-a conversation with God-talk to Him about what you just read. Tell Him you are sorry for the times you didn't do what you ought.  Put the people you love in His presence, ask His help. Put the people you don't love in His presence and ask His help (God loves all of us!)

4. **Contemplate**-Contemplation is a pure gift from God.  Pure grace-you look at God and He looks at you.  It is very simple in that we work at being still so we can receive whatever God wants to give us.

5. **Act**-what concrete action can I do based on what I read, what God and I talked about, and what the Holy Spirit has inspired me to do?

**The Examen**

“**End of day” prayer based on the spirituality of Saint Ignatius of Loyola**

**1. Ask God for light.**

I want to look at my day with God’s eyes, not merely my own. (Gift of HS: Knowledge and Wisdom)

**2. Give thanks.**

The day I have just lived is a gift from God. Be grateful for it. (Gift of HS: Fear of the Lord and Piety)

**3. Review the day.**

I carefully look back on the day just completed, being guided by the Holy Spirit. (Gift of HS: Knowledge and Fortitude)

**4. Face your shortcomings.**

I face up to what is wrong—in my life and in me. (Gift of HS: Knowledge and Fortitude)

**5.** **Look toward the day to come.**

I ask where I need God in the day to come. (Gift of the HS: Knowledge and Counsel)

# Remember in all things, seek the one thing necessary –

# God Himself.