God
There is One God in three Divine Persons: Father, Son and Holy Spirit.

Jesus Christ
Jesus is one Person: a Divine Person. He has two natures: a Divine Nature and a Human Nature.

The Main Events in the Life of Christ
Conception in the womb of the Blessed Virgin Mary, Birth in Bethlehem, Presentation in the Temple, Baptism in the Jordan River by St. John the Baptist, Temptations in the desert at the beginning of His public ministry, Sermon on the Mount, Transfiguration, Last Supper, Carrying of the Cross to Calvary, Death on the Cross, Resurrection and Ascension into Heaven.

Titles of the Blessed Virgin Mary
The New Eve, Mother of God, Mother of the Church, Our Lady, Most Holy Virgin, Queen, Advocate, Auxiliatrix, Adjuditrix and Mediatrix.

The Four Marks of the Church
One, Holy, Catholic and Apostolic.

The Seven Sacraments
Baptism, Confession, Holy Eucharist, Confirmation, Matrimony, Holy Orders and Anointing of the Sick.

What is a Sacrament?
A Sacrament is an outward, visible sign instituted by Jesus Christ that gives the grace it signifies.

The Theological Virtues
Faith, Hope and Charity.

The Cardinal Virtues
Prudence, Justice, Temperance and Fortitude.

The Gifts of the Holy Spirit
Wisdom, Knowledge, Understanding, Counsel, Piety, Fortitude and Fear of the Lord.

The Fruits of the Holy Spirit
Joy, Long-Suffering, Charity, Humility, Peace, Fidelity, Patience, Modesty, Kindness, Continence, Goodness and Chastity.

The Beatiudes
1. Blessed are the poor in spirit; for theirs is the Kingdom of Heaven.
2. Blessed are the meek; for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger and thirst for justice; for they shall be filled.
5. Blessed are the merciful; for they shall obtain mercy.
6. Blessed are the pure of heart; for they see God.
7. Blessed are the peacemakers; for they shall be called children of God.
8. Blessed are they that suffer persecution for justice’s sake; for theirs is the Kingdom of Heaven.

The Spiritual Works of Mercy
To feed the hungry, give drink to the thirsty, clothe the naked, visit the imprisoned, shelter the homeless, visit the sick and bury the dead.

The Corporal Works of Mercy
To admonish the sinner, instruct the ignorant, comfort the sorrowful, bear wrongs patiently, forgive all injuries and pray for the living and the dead.

Three Eminent Good Works
Prayer, Fasting and Almsgiving.

The Evangelical Counsels
Chastity, Poverty and Obedience.

The Seven Capital Sins and their Opposite Virtues
1. Pride – Humility.
3. Lust – Chastity.
5. Gluttony – Temperance.
6. Envy – Brotherly Love.
7. Sloth or Acedia – Diligence.

General Sins Against the Theological Virtues
1. Presumption on God’s Mercy.
2. Despair.
3. Resisting and/or Attacking the known truth.
4. Envy at another’s spiritual good.
5. Obstancy in sin.
6. Final impenitence.

Sins Crying to Heaven for Vengeance
1. Wilful murder.
2. Sodomy.
3. Oppression of the poor.
4. Defrauding laborers of their wages.

Nine Ways of Being an Accessory to Another’s Sin
1. By counsel.
2. By command.
3. By consent.
4. By provocation.
5. By praise or flattery.
6. By concealment.
7. By partaking.
8. By silence.
9. By defense of the sinful action.

The Four Last Things
Death, Judgement, Heaven or Hell.

Imprimi Potest:
Very Rev. David M. Wilton, CPM
Superior General of the Fathers of Mercy
November 11, 2009
Feast of St. Martin of Tours

Examination of Conscience and Catholic Doctrine

The Ten Commandments
I. I am the Lord Thy God. Thou shall not have strange gods before Me.
II. Thou shall not take the Name of the Lord thy God in vain.
III. Remember to keep holy the Lord’s Day.
IV. Honor thy father and thy mother.
V. Thou shall not kill.
VI. Thou shall not commit adultery.
VII. Thou shall not steal.
VIII. Thou shall not bear false witness.
IX. Thou shall not covet thy neighbor’s wife.
X. Thou shall not covet thy neighbor’s goods.

The Two Greatest Commandments
I. You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
II. You shall love your neighbor as yourself.

The Precepts of the Church
1. You shall attend Mass on Sundays and on Holy Days of Obligation and rest from servile labor.
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.

Prayer Before Confession
Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them and firmly resolve to amend my life. Spirit of Wisdom, grant me to see the malice of sin and my ingratitude toward You, the all-loving God. Spirit of Fortitude, help me to make whatever sacrifice is needed to avoid sin in the future. Amen.
Examination of Conscience

Did I deny or doubt God’s existence?

Did I refuse to believe God’s revelation?

Did I believe in horoscopes, fortune telling, dreams, good luck charms or reincarnation?

Did I deny that I was a Catholic?

Did I abandon the Catholic Faith?

Did I despair of or presume on God’s mercy?

Did I neglect prayer for a long time?

Did I fail to pray daily?

Did I blaspheme God or take God’s Name in vain, curse or break an oath or vow?

Did I miss Mass on a Sunday or on a Holy Day of Obligation through my own fault?

Am I always reverent in the presence of the Most Blessed Sacrament?

Did I or my spouse permanently sterilized (tubal ligation or vasectomy)?

Did I or my spouse unfaithful to my marriage vows?

Did I perform impure acts by myself (masturbation) or with another (adultery, fornication or sodomy)?

Did I tell impure stories or listen to them?

Did I use impure or suggestive words?

Did I dress immodestly?

Did I willfully entertain impure thoughts and desires?

Did I give a fair wage to my employee(s)?

Was I impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others or lazy?

Did I give bad example, abuse drugs, drink alcohol to excess, fight or quarrel?

Did I physically injure or kill anyone?

Have I or advised anyone to have an abortion?

Did I participate in or approve of the grave evil known as “mercy killing” or euthanasia?

Did I attempt suicide?

Did I willfully entertain impure thoughts and desires?

Did I fulfill my contracts, give or accept bribes, pay my bills, rashly gamble or speculate or deprive my family of the necessities of life?

Did I tell lies? Deliberately in order to deceive or injure others?

Did I commit perjury?

Did I vote in accordance with a properly informed conscience, in a way consistent with the teachings of the Church, in regard to the sanctity of human life and human life issues?

Was I uncharitable in word or deed?

Did I gossip or reveal the faults and sins of others?

Did I fail to keep secrets that I should have kept?

Did I eat meat on the Fridays during Lent or on Ash Wednesday?

Did I fast as required on Ash Wednesday and Good Friday?

Did I fail to receive Holy Communion during the Easter Season?

Did I fail to confess my sins at least once a year?

Did I go to Holy Communion without fasting for one hour or more from food and drink (water and medicine are permitted)?

Did I make a bad Confession?

Did I deliberately not tell all the sins I committed during one of my Confessions?

Did I fail to contribute to the support of the Church?

Did I refuse to believe God’s revelation?

Did I believe in horoscopes, fortune telling, dreams, good luck charms or reincarnation?

Did I deny that I was a Catholic?

Did I abandon the Catholic Faith?

Did I despair of or presume on God’s mercy?

Did I neglect prayer for a long time?

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How to go to Confession

1. The priest will greet you.
2. The penitent says: “Forgive me, Father, for I have sinned.” You then say how long it has been since your last Confession.
3. The penitent tells the priest his sins and answers any questions.
4. The priest will give you some advice and will assign you a penance.
5. The penitent will next pray the Act of Contrition (see prayer below).
6. The priest then gives the penitent absolution.
7. The priest will then say: “Give thanks to the Lord, for He is good.”
8. The penitent responds: “His mercy endures for ever.” The priest will then dismiss you.

Act of Contrition

O my God, I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of Heaven and the pains of hell. 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 confess my sins, to do penance and to amend my life. Amen.

Prayer After Confession

Almighty and Merciful God, Whose mercy is boundless and everlasting and of Whose goodness the riches are infinite, I thank You because You have so graciously pardoned all my sins and restored Your Heavenly favor. I am awed by Your divine compassion and the incomprehensible love of Your Son, which has led Him to institute so gentle and powerful a remedy for sins. In union with all the gratitude that has ever ascended to You from truly penitent hearts, I proclaim Your merciful praises on behalf of all in Heaven, on earth and in purgatory, for ever and ever. Amen.