

# OUR CATHOLIC FAITH

## A BASIC CATECHISM



*for use in the*

**REFORMED OLD CATHOLIC CHURCH**

**Imprimatur**

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*Primate*

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Dear Faithful:

*Our Catholic Faith* has been prepared especially for those who are about to receive their First Holy Communion and Confirmation. It is by no means a complete or comprehensive catechism. However, it has been prepared to address the need within the Church for a uniform resource for catechetical teaching and as a brief summary or refresher for young and old alike. This catechism is a bare essentials presentation pertaining to the basic elements of the Faith.

This catechism includes one or more scriptural references. These are not provided to serve as “proof texts” as much as they are intended to serve as aids to further study of the Sacred Scripture and better understand the Biblical basis for the Faith.

It is hoped that with this little work, our clergy and faithful will find it as a welcome aid in catechetical instruction for everyone and most especially those who are preparing for the very special sacramental events in their own lives.

Most Reverend Rima Tamaiparea-Puki  
**Bishop in Aotearoa**

## THE CATECHISM

### PART I – The Call of God: Christian Answer

#### 1. What is your Christian name?

My Christian name is \_\_\_\_\_.

#### 2. Who gave you this name?

This name was chosen at my Baptism.

#### 3. What did God do for you at your Baptism?

God called me at Baptism, and I was made a member of Christ, a child of God, and an heir of the Kingdom of Heaven. (*1 Cor 12:12; Rom 8:15-18 and 12:4-5*)

#### 4. What did your Godparents promise for you at your Baptism?

At Baptism my Godparents made two promises for me: First, that I would renounce the devil and all the devils works, pomp and allurements; Second, that I would believe and profess the Christian Faith throughout my life and that I would put my trust in Christ as my Lord and Saviour, thus keeping His Holy Word and Commandments and to walk in His ways. (*2 Cor 4:2; Jude 20, 21; Jn 14:15, 21; 1 Jn 2:1-6; Mt 22:36-40; Jn 13:34-35*)

#### 5. Are you bound to do as they have promised for you?

I am, and by God's help I will.

## **PART II – The Call of God: Christian Belief**

### **6. Where do you find a summary of this Christian Faith?**

I find a summary of the Christian Faith in the Apostles' and Nicene Creed's.

### **7. Recite the Apostles' Creed.**

I believe in God, the almighty, (*Lk 11:2; Rev 11:17*) Creator of Heaven and earth, (*Gen 1:1; Acts 17:24*) And in Jesus Christ, (*Mt 1:18-21; Acts 2:36*) The Son of God. (*Jn 13:13-14; Phil 2:9-11*) Who was conceived by the Holy Spirit, (*Lk 1:26-38; Mt 1:18*) Born of the Virgin Mary. (*Lk 2:1-7; Gal 4:4-5*) Suffered under Pontius Pilate, (*Jn 19:1-6*) Was crucified, died and buried. (*Jn 19:17-30; 38-42*) He descended into Hell. (*Lk 23:43; 1 Peter 3:18-19; 4:6*) The third day He rose again from the dead. (*Jn 20: 1-31; 1 Cor 15:1-8*) He ascended into Heaven, (*Lk 24:50-53; Acts 1:6-9*) And sits at the right hand of God. (*Acts 2:32-33; 5:30-31*) He will come to judge. (*2 Tim 4:1; Mk 14:61-62; Acts 10:34-42*) I believe in the Holy Spirit, (*Jn 14:25-26; Acts 2:1-4*) The holy Catholic Church, (*Acts 2:41-47; Eph 5:25-27*) The communion of saints, (*Heb 12:1-2; Rev 7:9-10*) The Forgiveness of sins, (*Acts 5:25-31; Col 1:12-14*) The Resurrection of the dead, (*Jn 11:25-26; Acts 4:1-2; 1 Cor 15:20-22;35-44*) And in Life Everlasting. Amen. (*Jn 3:16; 1 Jn 5:11-12*)

### **8. What do you learn from the Creeds?**

From the Creeds I learn to believe in the One True God: Father, Son and Holy Spirit; Who is the Beginning and the End.

### **9. What does the Church teach about God the Father?**

The Church teaches that God the Father is ever present and affirms the continual mission of Jesus Christ. (*Mt 3:17; 12:18; Mk 1:11; 9:7; Lk 3:22; Lk 9:35; Jn 5:20, 37*)

**10. What does the Church teach about God the Son?**

The Church teaches that, for our salvation, God the Son became human and died for our sins; that He rose victorious over death and was exalted to the throne of God as our Advocate and Intercessor; and that He will come as our Judge and Saviour. (*1 Jn 2:1; Heb 7:25; Acts 10:42*)

**11. What does the Church teach about God the Holy Spirit?**

The Church teaches that God the Holy Spirit inspires all that is good in humankind; that the Holy Spirit came in fullness at Pentecost to be the Giver of Life in the Church, and enables me to grow in likeness to Jesus Christ. (*Jn 14:16-18, 26; Acts 1: 8; 2:4*)

**12. Can you sum up simply what you have learned about God?**

I learned that there is only One True God in three Persons: God the Father, Who witnesses to me of the mission of Jesus Christ; God the Son Who redeemed me and all humankind; and God the Holy Spirit Who sanctifies me and all the elect people of God. This Holy Trinity I praise and adore, saying: *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. (Mt 28: 19)*

### **PART III – The Call of God: Christian Obedience**

#### **13. At Baptism you were admonished to keep the Commandments. Where are these Commandments known?**

God has made the Commandments known through the teachings and example of our Lord Jesus Christ.

#### **14. Recite the Ten Commandments.**

- i. You shall have no other gods before Me, I am the Lord your God.
- ii. You shall not worship graven images.
- iii. You shalt not take the name of the Lord God in vain.
- iv. You shall remember to keep holy the sabbath.
- v. You shall honour your father and mother.
- vi. You shall not murder.
- vii. You shall not commit adultery.
- viii. You shall not steal.
- ix. You shall not bear false witness against your neighbour.
- x. You shall not covet. (*Deut 5:6-21; Ex 20:1-17*)

#### **15. Recite the words of our Lord about God's Commandments.**

Our Lord Jesus Christ said: *"Love the Lord your God with all your heart, soul, mind and strength. This is the first and great commandment, and the second is like it, love your neighbour as yourself. On these two commandments hang all the Law and the Prophets."* And again He said: *"A new commandment I give to you, that you love one another as I have loved you."* (*Mt 22:36-40; Mk 12:28-33; Lk 10:27; Jn 13:3*)

#### **16. What then is your duty towards God?**

My duty towards God is:

- a) to worship God alone.
- b) to reverence God in thought, word and deed.
- c) To keep the Lord's Day holy.



## **17. What then is your duty towards your neighbour?**

My duty towards my neighbour is:

- a) to love and respect my parents; to honour civil officials; to be lawful and good; and to fulfil my duties as a citizen.
- b) to hurt no one; to bear no grudge or hatred; to promote peace; to be courteous; and to be kind.
- c) to be clean; and if called to the state of Holy Matrimony to live faithfully in it.
- d) to be honest and fair; to seek justice and plenty for all humankind.
- e) to keep from lying, slandering and gossip, and never by my silence to let others be wrongfully condemned.
- f) to be thankful and generous; to do my duty cheerfully and not to be greedy or envious.

## **PART IV – The Call of God: Christian Hope**

### **18. What is the hope in which a Christian lives?**

The Christian lives in the certain hope of the Advent of Christ, the Last Judgement, and the Resurrection to Life Everlasting.

### **19. What are we to understand by the Advent of Christ?**

By the Advent of Christ we are to understand that God, Who through Christ has created and redeemed all things, will also through Christ at His coming again, make all things perfect and complete in God's Kingdom. (*Jn 14:2-3; Mk 14:62*)

### **20. What are we to understand by the Last Judgement?**

By the Last Judgement we are to understand that all humankind will give an account of their lives to God. (*Mt 25:31-46*)

### **21. What are we to understand by the Resurrection to Life Everlasting?**

By the Resurrection to Life Everlasting we are to understand that God, Who has overcome death by the Resurrection of Christ, will raise from death in a body of glory, all who are Christ's, that they may live with Him in the communion of the Saints. (*Rom 6:4-5; 1 Cor 15:42-44; Jn 12:23-25; 1 Pt 1:3-5*)

### **22. What then is our assurance as Christians?**

Our assurance as Christians is that neither death, nor life, nor things present, nor things to come, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Thus, an increase of the Holy Spirit, and following the example of the blessed Redeemer Jesus Christ, we shall at the last, be made like Him, for we shall see Him as He is. (*Rom 8:38-39*)

## **PART V – The Church and Ministry**

### **23. What is the Church?**

The Church is the Mystical Body of Christ, the Family of God, through which Christ continues His reconciling work among humankind. Its members on earth enter it by Baptism and are one company with those who worship God. (*Col 1:18; 1 Cor 12:12-31*)

### **24. How is the Church described in the Creeds?**

The Church is described as One, Holy, Catholic and Apostolic.

### **25. What do you mean by these words?**

By these words I mean that:

- a. The Church is **ONE** because it has One Lord, One Faith and One Baptism. (*Eph 4:5*)
- b. The Church is **HOLY** because the Holy Spirit dwells in it and offers to all its members the means of holiness that they may live good and holy lives.
- c. The Church is **CATHOLIC** because it is universal, and holds for all time, in all countries, and for all people, the whole Truth as it is in Jesus Christ Who is the same yesterday, today and forever.
- d. The Church is **APOSTOLIC** because it is sent to preach the Gospel to the whole world, and receives its Divine Authority, Teaching and Ministry from Christ through His Apostles and their Successors, and continues in their Doctrine and fellowship. (*Acts 2:42*)

### **26. What authority did Christ give to His Apostles in the Church?**

Christ gave His Apostles authority to preach the Word, to minister the Sacraments, to rule, govern and care for His household the Church until His coming again. (*Jn 20:21; Mt 28:19; Lk 24:47-49*)

### **27. What Orders have been in the Church from Apostolic times?**

In the Church from the Apostles' time there have been these Orders of Ministry in the Church: Bishops, Priests and Deacons. In due time other minor orders of ministry have been established by the authority of the Church to assist the three principal or Major Orders of the Sacred Ministry these Minor Orders being: Porters, Lectors, Exorcists, Acolytes and Subdeacons. (*1 Cor 12:28*)

### **28. What is the work of a Bishop?**

The work of a Bishop, as a Successor to the Apostles, is to be the Shepherd and ruler in the Church; to guard the Faith; to ordain; to confirm and to bless; to be the principal Minister of God's Holy Word and Sacraments in their diocese and to be High Priest and Living Icon of Christ to the people committed to their charge and care. (*1 Tim 3:1; Titus 1:7-9*)

### **29. What is the work of a Priest?**

The work of a Priest is to preach the Word of God; to Baptise; to offer the Holy Sacrifice of the Mass and to administer the Holy Eucharist; to pronounce Absolution and Blessings in God's Name; and to minister to the people committed to their care by the Bishop. (*Acts 14: 23; 1 Tim 5: 17*)

### **30. What is the work of a Deacon?**

The work of a Deacon is to assist the Bishop or Priest in the conduct of worship and in the cure of souls; to read the Holy Gospel at Mass and to assist in administering Holy Communion. (*Acts 6:2-4; 1 Tim 3:8-13*)

### **31. What is your work as a lay member of the Church?**

My work as a lay member of the Church is to take my part in its worship, labours, and councils, according to the gifts of grace that God has given me; and to pray, work, and give for the spread of Christ's Kingdom. (*Acts 15:23*)

### **32. What is the Reformed Old Catholic Church?**

The Reformed Old Catholic Church is an integral portion of the ancient Catholic Church established by our Lord Jesus Christ in Jerusalem in the year 33 A.D. It is in communion with other Catholic jurisdictions of the world-wide Old Catholic Communion. It proclaims and holds fast to the Doctrine, Discipline, Worship and Ministry of the One, Holy, Catholic and Apostolic Church in the tradition of the Western Communion.

### **33. What is the Old Catholic Communion?**

The Old Catholic Communion is a Family of Church Jurisdictions within the doctrinal and liturgical tradition of the ancient Church of Rome and the Church of Utrecht, maintaining the full Apostolic Doctrine and Order and in full communion with one another and organised locally under the Missionary Territory of Aotearoa.

### **34. Who is the head of the Old Catholic Communion?**

The Head of the Old Catholic Communion is our Lord Jesus Christ. The Holy Father, as the Pope and Bishop of Rome, is the Spiritual Centre of All Christian Unity, while the Primate (whose office is not limited to one diocese) holds a Primacy of Honour locally, throughout the Old Catholic Communion, as the ancient See of Utrecht has relinquished its Roman Catholic identity and the Archbishop of Utrecht now holds a Primacy of Honour within the Utrecht Union of Old Catholic Churches.

## **PART VI – The Work of the Holy Spirit in the Church**

### **GRACE**

**35. How can you carry out your duties to God, neighbour and overcome sin?**

I can do these things only by the help and grace of God. (*1 Cor 15:10; 2 Cor 12:9; Titus 2:11-14*)

**36. What do you mean by God's grace?**

By God's grace I mean that God acts in Jesus Christ to forgive, inspire and strengthen me by the Holy Spirit.

**37. In which ways do you receive these gifts of God's grace?**

I receive these gifts of God's grace within the fellowship of the Church; when I worship and pray; when I read the Bible; when I receive the Sacraments; and as I live my life for the glory of God.

### **WORSHIP AND PRAYER**

**38. What do you mean by the Worship of God?**

To worship God is to respond to God's love: First by joining in the Church's celebration of the Sacrifice of the Mass, the Church's offering of praise, thanksgiving and prayer, and by hearing God's Holy Word; Second, by acknowledging God as the Lord of my life and by doing my work for God's honour and glory.

**39. Why do Christians observe Sunday as the chief day of public worship?**

Christians observe Sunday as the chief day of public worship because it was on the first day of the week that our Lord Jesus Christ rose from the dead. It was also the day on which God the Holy Spirit came down upon the Apostles and the Church gathered in the Upper Room; and St John in the Book of Revelation calls it the Lord's Day. Sunday is the Lord's Day. (*Lk 24:1-7; Jn 20:19-20; Acts 2:1-4; Rev 1:10*)

#### **40. What is prayer?**

Prayer is the lifting up of heart and mind to God. We adore God; we confess our sins and ask for mercy and to be forgiven; we thank God; we pray for others and for ourselves; we listen to God and seek to know God's will.

#### **41. Recite the Lord's Prayer.**

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. (*Mt 6:9-13*)

### **THE BIBLE**

#### **42. What is the Bible?**

The Bible is a collection of books recording God's revelation to humankind through God's people Israel, the Church, and above all in Jesus Christ. There are three sets of books that comprise the Bible. The Old Testament which is composed of two subsets, the Canonical or Proto-canonical Books and the Deuterocanonical Books which are sometimes improperly called the Apocrypha, which in some Bibles are set apart from the other Old Testament Books, and which records the history of God's relationship with Israel; the other set of Canonical Books is called the New Testament which records the life and Ministry of Jesus Christ and the establishment of His Church.

The Bible was written at different times, in different places, and by different contributors, but always under the guidance and inspiration of the Holy Spirit. The Church is the divinely appointed guardian and interpreter of the Holy Scriptures.

#### **43. How many books are there in the Bible?**

There are forty-six books contained in the Old Testament, the thirty-nine Canonical Books, and seven Deuterocanonical Books. There are twenty-seven Canonical Books contained in the New Testament.

#### **44. Why are the books of the Old Testament divided between the Canonical and Deuterocanonical Books?**

The books of the Old Testament are divided into the Canonical or Proto-canonical Books which are found in all collections of the Sacred Scriptures and are agreed by all to have full biblical authority. The Deuterocanonical Books were composed at a later time and are disputed as to their biblical authority by some churches. Due to this dispute they are classified as having a secondary status as designated by the word deuterocanonical. The Catholic Church accepts them as having full biblical authority while many Protestant churches consider them to be apocryphal (i.e. without any biblical authority).

#### **45. How should we read the Bible?**

We should read the Bible with the desire and prayer that through it God may speak to us by the Holy Spirit, and enable us to know God and do God's will. (*2 Tim 3:15-17*)

### **THE SACRAMENTS**

#### **46. What do you mean by a Sacrament?**

By a Sacrament I mean the divinely appointed use of material things as signs, vehicles and pledges of God's grace, and as a means by which we receive God's gifts.

#### **47. What are the two parts of a Sacrament?**

The two parts of a Sacrament are the outward and visible sign and the inward and spiritual grace.



**48. How many Sacraments are provided in the Church?**

The Church provides us with seven Sacraments: Baptism, Confirmation, Eucharist, Penance, Holy Orders, Matrimony and Extreme Unction.

**49. What are the chief Sacraments appointed by Christ?**

The Chief Sacraments appointed by Christ for His Church, as needed by all for fullness of life are: Holy Baptism and the Holy Eucharist. (*Jn 3:5; Jn 6:53-56*)

**BAPTISM**

**50. What is Baptism?**

Baptism is the Sacrament, through the action of the Holy Spirit, we are initiated and born again into the Family of God. (*Jn 3:1-6*)

**51. What is the meaning of the word *baptise*?**

The word *baptise* means *to consecrate by putting into or pouring upon*, with water. (*Lk 11:38; Mk 7:4*)

**52. What is the outward and visible sign of Christian Baptism?**

The outward and visible sign of Christian Baptism is the dipping into water, or the pouring of water upon, the person to be baptised, with the words: "I baptise you in the name of the Father, and of the Son, and of the Holy Spirit." (*Mt 28:19*)

**53. What is the inward and spiritual grace and gift in Christian Baptism?**

The inward and spiritual grace and gift in Christian Baptism is the life-giving sanctifying grace which effect a union with Christ in His Death and Resurrection, the forgiveness of sin, and a new birth into God's family, the Church. (*Rom 6:3-4*)

**54. What is required of persons to be baptised?**

It is required that persons to be baptised should turn from sin, believe in the Christian faith, and give themselves to Christ to be His servants. (*Acts 2:38; 18:8*)

**55. Why then are infants and young children baptised?**

Infants are baptised after their Godparents have made the promises on their behalf, that they, being received into Christ's Church, may grow in grace and be trained in the household of Faith. (*Acts 16:15, 33; 1 Cor 1:16; Gen 17:9-14; Col 2:11, 13*)

**56. When do baptised infants make the promises for themselves?**

Baptised infants make the promises for themselves when they are Confirmed by the Bishop.

**57. Can a person be baptised more than once?**

No, a person cannot be baptised more than once, for as we were born only once into our earthly family, so too we can be born only once into the family of God. (*Eph 4:50*)

**CONFIRMATION**

**58. What is Confirmation?**

Confirmation is the Sacrament by which, through prayer with the laying on of hands by the Bishop, the Holy Spirit is received to complete what was began in Baptism, and to give strength for the Christian Life. The Confirmand also receives special Gifts from the Holy Spirit to live that Christian Life. (*Acts 8:14-17; 19:2-6; 2 Tim 1:6*)

**59. What is required of a person to be Confirmed?**

It is required that persons to be Confirmed should have been baptised, be sufficiently instructed in the Christian Faith, be penitent for their sins, and be ready to confess Jesus Christ as Saviour and to obey Him as Lord.

**60. What are the Gifts and Spiritual Fruits of the Holy Spirit which are received at Confirmation to strengthen the Christian Life?**

The Gifts of the Holy Spirit received at Confirmation are: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and Righteous Fear of the Lord. (*Isaiah 11:12*)

The Spiritual Fruits of the Holy Spirit are: Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control, and Chastity. (*Gal 5:22-23*)

**THE HOLY EUCHARIST**

**61. What is the Holy Eucharist?**

The Holy Eucharist, also often called the Holy Communion, is the Sacrament in which, according to Christ's command, we make a continual remembrance and re-presentation of Him, His passion, Death and Resurrection, until His coming again, and in which we thankfully receive the benefits of His Most Precious Sacrifice on the Cross. (*Mt 26:26-28; 1 Cor 11:23-29; Lk 22:19-20*)

It is, therefore, called the Eucharist, the Church's sacrifice of praise and thanksgiving with Christ Jesus as both Victim and Priest, and is also called the Lord's Supper, the spiritual meal of fellowship which unites us to Christ and to each other within the whole Church. It is most often called by us, The Holy Sacrifice of the Mass, and referred to as the Breaking of Bread, the Sacred Liturgy and the Most Blessed Sacrament.

**62. What is the outward and visible sign of the Holy Eucharist?**

The outward and visible sign of the Holy Eucharist is the bread and wine given and received according to the Lord's own command.

**63. What is the inward and spiritual grace and gift in the Holy Eucharist?**

The inward and spiritual gift and grace of the Holy Eucharist is the Real, True, Body, Blood, Soul and Divinity of Christ, which are truly and indeed received by the Faithful. (*1 Cor 10:16*)

**64. What is meant by receiving the Body and Blood of Christ?**

Receiving the Body and Blood of Christ means receiving the Life of Christ Himself, Who was crucified, rose again, and is alive for evermore.

**65. What are the benefits we receive in Holy Communion?**

The benefits we receive are the strengthening of our union with Christ, the Church, the forgiveness of sins, and the nourishing for Eternal Life.

**66. What is required of those who come to Holy Communion?**

It is required of those who would come to Holy Communion that they have a living Faith in God's mercy through Christ. (*1 Cor 11:27-29*)

**HOLY ORDERS**

**67. What is Holy Orders?**

Holy Orders is the Sacrament in which, through prayer and the laying on of the Bishop's hands, our Lord Jesus Christ gives the grace of the Holy Spirit together with His authority, to those persons who are to be ordained and made Bishops, Priests or Deacons. (*Acts 6:1-6; Phil 1:1; Acts 14:23*)

**HOLY MATRIMONY**

**68. What is Holy Matrimony?**

Holy Matrimony is the Sacrament of Christian Marriage, in which two people, entering a life-long union, take their vows before God and seek God's grace and blessing to fulfill them and their life together in marital union; and in which they receive the grace to raise their family and children in obedience to His Holy Word and Commandments. (*Mt 19:5-6; Mk 10:9-12*)

## **PENANCE AND ABSOLUTION**

### **69. What is the Sacrament of Penance and the Ministry of Absolution?**

The Sacrament of Penance, commonly called Confession or the Ministry of Absolution, is the Sacrament by which those who are truly sorry for their sins committed after baptism, and who have made a voluntary confession of them to God through the ministry and in the presence of the Bishop or Priest, with the intention of amending their lives, receive through him, God's forgiveness. (*Jn 20:21-23; 1 Jn 1:9*)

## **EXTREME UNCTION**

### **70. What is Extreme Unction?**

Holy Unction is the Sacrament by which God's grace is given for the healing of spirit, mind, and body in response to Faith and prayer, by laying on of hands and by anointing with Holy Oil. It is also sometimes called Extreme Unction and the Last Rites, as it is most often administered at the moment of impending death as an aide to the faithful as they prepare for their final journey to meet God. (*Lk 6:13; Jas 5:14-15*)

## **PART VII – The Angels and Saints**

### **71. What are the Angels?**

Angels are pure spirits without bodies created to adore and enjoy God in Heaven. (*Ps 148:2-5; Col 1:16*)

### **72. Were the Angels created for any other purpose?**

The Angels were created to assist and minister before the throne of God; they have often been sent as God's messengers; and are also appointed to serve as our guardians. (*Lk 1:11, 26; 2:43; Mt 28:5; Heb 13:2*)

### **73. Who are the Saints?**

The Saints are people who lived holy lives while on earth and who died in the state of grace, were admitted to Heaven and now reside in God's celestial abode. The Saints are special friends of God and to us. (*Heb 12:1; Eph 3:8; Ps 106:16-18*)

### **74. How do we honour the Saints?**

We honour the Saints by remembering them in our prayers; asking them to pray for us; displaying and showing respect to their pictures, images or relics; and most especially by trying to imitate their holy lives and virtues.

### **75. When we pray to the Saints or before a Cross or Crucifix, are we adoring or worshipping them?**

No. We are commanded to worship and adore God alone in the Blessed Trinity. When we pray to the Angels and Saints we are asking them to join their prayers to God with our own, as our special friends who are close to the throne of God. We show respect to the images of the Saints and to the Cross or Crucifix as ways to enliven our faith; to address our prayer; and to call to mind our love of and for God.

## **PART VIII – The Four Last Things**

### **76. What are the Four Last Things?**

The Four last Things are: Death, Judgement, Heaven and Hell. They are often called the *Novissima*.

### **77. When we speak of Death, what are we referring to?**

When we speak of Death, we mean the end of life in the body. The soul, because it is immortal can never die, and undergoes judgement when it leaves the body after Death. (*Eccl 12:7; Gen 2:7; 1 Cor 15:45*)

### **78. What do we mean by Judgement?**

All souls undergo a judgement upon Death, by God. This Judgement is called the Particular Judgement as it concerns the individual soul and its final condition at Death. Each soul will also undergo a second judgement called the General Judgement on the Last Day, when Christ will come to earth and call the saints and blessed who lay in rest or who remain alive, to be with God in Heaven. The wicked who died unrepentant in mortal sin or who are still alive and who reject God's call to repentance, will receive their condemnation. (*Eccl 11:9; Lk 23:43; Phil 1:21; Rev 11:15-18*)

### **79. What is Heaven?**

Heaven is the state of Everlasting Life in which we see God face to face, in the company of the Angels and Saints. (*Rev 21:3*)

### **80. What is Hell?**

Hell is the state to which the wicked are condemned, in which they are deprived of the sight of God. (*Dan 12: 2; Mk 9: 43-48; Mt 10:28*)

*Remember Christian soul, that you have this day, and every day of your life.*

## A TREASURY OF PRAYERS

### Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. **Amen.**

### The Our Father

**O**UR 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.**

### The Hail Mary

**H**AIL Mary, full of Grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the Fruit of thy womb, Jesus. **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

### The Apostles' Creed

**I** believe in God, the almighty, Maker of heaven and earth and in Jesus Christ our Lord, the Son of God. Who was Conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead and buried. He descended into hell. On the third day He rose again, in accordance with the Scriptures. He ascended into heaven and sits at the right hand of God. He will come again in glory to judge the living and the dead. **I believe in the Holy Spirit, the holy Catholic Church; the communion of saints, the forgiveness of sins, the resurrection of the dead and in Life ☩ everlasting. Amen.**

### The Confiteor

**A**Lmighty God, we confess that we have sinned against You, in thought, in word and in deed: *We ask for pardon. We plead for mercy. We seek forgiveness.* Through the prayers of blessed Mary, all the Angels and Saints, grant us peace.



### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of Thy faithful:  
**and enkindle in them the fire of Thy love.**

Send forth Thy Spirit, and they shall be created  
**And Thou shalt renew the face of the earth**

Let us pray

**O** God, You instructed the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and to ever rejoice in holy consolation. Through Christ our Lord. **Amen.**

### **Act of Hope**

**O** my God! relying on Your infinite goodness, mercy and promises, I hope to obtain pardon for my sins, the increase of grace, and life everlasting, through the merits of Jesus Christ, my Lord and my Redeemer.

### **Act of Charity**

**O** my God! I love You above all things, with my whole heart and with my whole soul, because You are all-good and worthy of all love. I love my neighbour as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured.

### **Act of Contrition**

**O** my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who is all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

### **Prayer to the Guardian Angel**

**A**NGEL of God, my guardian dear, to whom God's love commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. **Amen.**

### **The Memorare**

**R**EMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly to you, O Virgin of virgins, my Mother; to you I come; before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. **Amen.**

### **Prayer for the Dead**

**E**TERNAL rest grant to him/her (them), O Lord;  
**and let perpetual light shine upon him/her (them).**

May his/her (their) soul(s) and the souls of the Faithful departed, through the mercy of God, rest in peace. **Amen.**

### **The Glory Be**

**G**LORY 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.**

### **Prayer Before Meals**

**B**LESS us, O Lord, and these Your gifts which we are about to receive from Your bounty, through Christ, Our Lord. **Amen.**

### **Prayer After Meals**

**W**E give You thanks for all Your benefits, Almighty God, Who lives and reigns forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. **Amen.**

**The Angelus** (*Regina Cæli in Easter*)

**T**HE Angel of the Lord declared unto Mary.

**And she conceived of the Holy Spirit.** Hail Mary...

Behold the handmaid of the Lord.

**Be it done unto me according to Thy word.** Hail Mary...

And the Word was made Flesh.

**And dwelt among us.** Hail Mary...

Pray for us, O Holy Mother of God.

**That we may be made worthy of the promises of Christ.**

Let us pray.

**P**OUR forth, we beseech Thee, O Lord, Thy grace into our hearts; that, we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. **Amen.**

**Anima Christi**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds, hide me.

Separated from Thee, let me never be.

From the malignant enemy, defend me.

At the hour of death, call me.

To come to Thee, bid me,

That I may praise Thee in the company Of Thy Saints, for all eternity.

**Amen.**

### **Prayer to St. Michael**

**S**T. Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do Thou, O Prince of the Heavenly Host, by the divine power of God, cast into Hell, Satan and all the other evil spirits, who wander and roam throughout the world, seeking the ruin of souls. **Amen.**

### **The Divine Praises**

**B**LESSED be God.

**B**LESSED be God's Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Intercessory power.

Blessed be her Glorious Dormition.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her beloved spouse.

Blessed be God in the Angels and Saints.

**Amen.**