

Apostles' Creed

I believe in God the Father almighty,
Creator of heaven and earth.
And in 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, and sits at
the right hand of God the Father
almighty, from thence He shall come
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 body
and life everlasting.
Amen.

The Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the pure of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people 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. (Mt 5:3-12)

Nicene Creed

I believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
I believe one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
one in Being with the Father.
Through Him all things were made.
For us men and for our salvation,
He came down from heaven: by the
power of the Holy Spirit He was
born of the Virgin Mary,
and became Man.
For our sake He was crucified
under Pontius Pilate;
He suffered, died, and was buried.
On the third day He rose again
in fulfillment of 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. With the Father and the Son
He is worshiped and glorified.
He has spoken through the prophets.
I believe in one, holy, catholic,
and apostolic Church.
I acknowledge one Baptism
for the forgiveness of sins.
I look for the resurrection of the dead,
and the life of the world to come.
Amen.



FORMULAS OF THE CATHOLIC FAITH

*From the Compendium of the
Catechism of the Catholic Church*

charlestdiocese.org/via-fidelis

5 PRECEPTS OF THE CHURCH

1. You shall **attend Mass on Sundays** and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
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.

4 CARDINAL VIRTUES

Prudence • Justice
Fortitude • Temperance

3 THEOLOGICAL VIRTUES

Faith • Hope • Charity

2 COMMANDMENTS OF LOVE

You shall love the Lord your God with all your heart, with all your soul, and with all your mind.

You shall love your neighbor as yourself.

1 GOLDEN RULE

Do to others as you would have them do to you. (Mt 7:12)

10 Commandments

See Ex 20:2-17; Dt 5:6-21

1. I am the LORD your God: you shall not have strange 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 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 against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

12 FRUITS OF THE HOLY SPIRIT

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|-------------|------------------|
| 1. Charity | 7. Generosity |
| 2. Joy | 8. Gentleness |
| 3. Peace | 9. Faithfulness |
| 4. Patience | 10. Modesty |
| 5. Kindness | 11. Self-control |
| 6. Goodness | 12. Chastity |

4 LAST THINGS

Death • Judgement
Hell • Heaven

7 CAPITAL SINS

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|-----------------|-------------|
| 1. Pride | 5. Gluttony |
| 2. Covetousness | 6. Envy |
| 3. Lust | 7. Sloth |
| 4. Anger | |

7 GIFTS OF THE HOLY SPIRIT

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|------------------|---------------------|
| 1. Wisdom | 5. Knowledge |
| 2. Understanding | 6. Piety |
| 3. Counsel | 7. Fear of the Lord |
| 4. Fortitude | |

7 CORPORAL WORKS OF MERCY

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

7 SPIRITUAL WORKS OF MERCY

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

VIA FIDELIS:
THE FAITHFUL WAY