

GOD AS OUR FATHER

1. Who made you?

God Made Me, through the cooperation of my mother and my father, who He used as His instruments.

2. Why did God make you?

God made me to know Him, love Him and serve Him on earth, so that I can be happy with Him forever in heaven.

3. What do you have to do to be happy with God in heaven?

To be happy with God in heaven I must know about God, love God, and follow His Commandants.

4. How do you show your love for God?

I show my love for God when I pray, when I go to Holy Mass, when I obey God's laws, and when I care for the needs of others.

5. How do you show you are faithful to God?

I show I am faithful to God when I keep His Commandments, keep the laws of the His Catholic Church, and when I help others.

ABOUT GOD

6. Who is God?

God is the Supreme Being who has no limit to His nature. He is perfect in all that is good, and made everything that exists out of nothing.

7. Who made God?

No one made God; that is *why* He is God! If God was made by someone, that 'someone' would be God. God does not *have* life and existence as we do; God *is* life and existence: "Tell them, 'I AM' has sent you to them" (Ex.3v14).

8. What does God's Catholic Church teach you about Him?

God's Catholic Church teaches me that God is the Greatest Good; the Supreme Good. He knows all things, He can do all things, He is everywhere, can see all things, and always loves me.

9. Since God is the Supreme Good, what should you do?

Since God is the Supreme Good I should worship Him and love Him more than I love anything or anyone.

10. How must you worship God?

I must worship God by going to Mass on Sunday, by praying, by doing good deeds and by fighting against evil and errors.

THE BLESSED TRINITY

11. What must you believe about God as a Trinity?

I must believe that there is only one God; that there are three Persons in God, and that God is the creator of all things.

12. Who are the three Persons in God, the Holy Trinity?

The three Persons in God the Holy Trinity are: God the Father, God the Son, and God the Holy Spirit: The Holy Trinity.

13. What do we know about the Blessed Trinity?

We know the Blessed Trinity is one God in three Divine Persons, who are equal in all things: they are equally all-knowing, all-powerful and ever-present.

14. Who told us about the Blessed Trinity?

Jesus, God-the-Son-become-man, told us about the Blessed Trinity: "Baptise all nations in the Name of the Father, and of the Son, and of the Holy Spirit".

15. How can we know Jesus is God the Son?

We can know Jesus is God the Son because He claimed to be one with the Father, and proved it by His power over nature and His rising from the dead.

16. How do you show your faith in the Blessed Trinity?

I show my faith in the Blessed Trinity when I make the Sign of the Cross.

17. What do you say when you make the Sign of the Cross?

When I make the Sign of the Cross I say: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

CREATION AND THE FALL

18. Why do we call God Creator of all that is?

We call God the Creator because He made all things from nothing.

19. Did God make the angels?

God did make the angels.

20. What is an angel?

An angel is a living spirit; a person in the image of God but who has always lived in heaven and never had a physical body.

21. Who are good angels?

The good angels are those who obeyed God and are happy with Him in heaven.

22. How do good angels help us?

The good angels help us by praying for us and taking care of us.

GOD THE SON AND OUR REDEMPTION

23. What is your Guardian Angel?

My Guardian Angel is the good angel that God gave me to take care of me, pray for me, and help me to be good.

24. Who are wicked angels?

The wicked angels are called devils; they refused to obey God, fell into Hell, and tempt us to disobey God so that we will fall into hell too.

25. What is Hell?

Hell is eternal separation from God; a place where we burn in the desire for love and peace.

26. Who made mankind?

God made mankind.

27. What is man?

Man is a creature of God with a body, a soul, a mind, and a will.

28. Who were the first man and woman God created?

The first man and woman God created were Adam and Eve.

29. How did Adam and Eve commit the original sin?

Adam and Eve committed the original sin by disobeying God (the bible pictures this as Adam eating from a tree from which God had told them not to eat). This is the Fall.

30. Where do we read about creation and The Fall?

We read about creation and the Fall in the Bible and the Catechism, both of which are our Tradition; the one teaching handed on to us by the Apostles.

31. What happened when Adam and Eve sinned?

When Adam and Eve sinned they lost God's grace; that is, their union with Him, and thus lost the right to be in heaven with Him.

32. How did God punish Adam and Eve for the original sin?

God punished Adam and Eve for the original sin simply by allowing them to lose heaven and be subject to suffering and death.

33. What is death?

Death is the moment our body and soul separate; our body is buried and our soul goes to God to be judged fit for heaven or hell.

34. What happened to us on as a result of Adam's sin?

As a result of Adam's sin we come into the world without God's grace, and subject to suffering and death.

35. Did God promise Adam and Eve a way to regain heaven?

God promised Adam and Eve that He would send the world a Saviour to crush the head of the serpent, the devil, who is called Satan.

36. Who is the Saviour of the world?

Jesus Christ is the Saviour of the world; all who are saved are saved by Him.

37. What does the Catholic Church teach us about Jesus Christ?

The Catholic Church teaches that Jesus Christ is fully God made fully human: He is the Divine Son of the Father and the human son of Mary.

38. Is Jesus Christ only one Person or two?

Jesus Christ is only one Person -God the Son- with two natures, human and Divine.

39. When did the son of God become man?

God the Son became man when the Blessed Virgin Mary said "yes" to God when He asked her to be the Mother of His Son.

40. How did the Son of God become man?

The Son of God became man of the Virgin Mary by the power of the Holy Spirit.

41. How is Jesus Christ both God and man?

Jesus Christ is both God and man because He is the Son of God and the Son of the Virgin Mary.

42. When was Jesus Christ born?

Jesus Christ was born of the Virgin Mary more than two thousand years ago on the day we call "Christmas Day".

43. How did Jesus Christ Redeem us?

Jesus Christ is our Redeemer because He offered His sufferings to God the Father to make up for our sins, to bring us God's grace, and to buy heaven back for us.

44. Why did Jesus have to suffer and suffer and die?

Jesus Christ had to suffer and died because death is the result of sin, and had to be conquered; also because He loves His heavenly Father and us.

45. What does the Resurrection of Jesus mean?

The Resurrection of Jesus means that Jesus came back to life again on Easter Sunday, the third day after His death.

46. Why did Jesus Christ rise from the dead?

Jesus rose from the dead to show that He is true God, to conquer death, and to show that we too can rise again.

47. Did Jesus go back to heaven?

Jesus did go back to heaven, on the day we call Ascension Day, forty days after His Resurrection.

48. When will Jesus come again?

Jesus will come again on the last day of time, to judge everyone who ever lived. We do not know when that last day will be.

GOD THE HOLY SPIRIT AND OUR SANCTIFICATION

49. Is the Holy Spirit God?

The Holy Spirit is God; He is the Third Person of the Blessed Trinity.

50. When did God the Father and Jesus Christ send the Holy Spirit?

God the Father and Jesus Christ sent the Holy Spirit to the Church on Pentecost – fifty days after Jesus rose from the dead; ten days after Christ’s Ascension.

51. What does the Holy Spirit do?

The Holy Spirit makes me holy through the gift of His presence within me, which is called ‘being in a state of grace’.

52. What is grace?

Grace is a God’s presence within me. It makes my soul holy and unites me to the Holy Trinity.

53. How does grace make you pleasing to God?

Grace makes me pleasing to God because it helps me to believe in God, to hope in God, and to love God and my neighbour.

54. How does God’s grace help you?

God’s grace helps me because it gives light to my mind and strength to my will so I can do good and avoid evil.

55. How does the Holy Spirit come into you as grace or give you grace?

The Holy Spirit comes into me or gives me grace through the Sacraments, and when I pray and when I do good deeds.

THE CATHOLIC CHURCH

56. What is the Catholic Church?

The Catholic Church is the True Church of Jesus Christ; it is the union of all baptised persons in Christ under the earthly leadership of the Pope.

57. Who started the Catholic Church?

Jesus started the Catholic Church when He gave His Apostles the power to teach; to make men holy through the sacraments, and guide all the nations to God.

58. Are other religions evil?

Other religions are not evil, but they cannot give us all that God wants us to have because they were started by men.

59. What do all the people in the Holy Catholic Church share?

The people in the Catholic Church share the one True Faith, the one same Sacrifice of the Mass, the same Sacraments and the same laws.

60. Why did Jesus begin the Holy Catholic Church?

Jesus started the Holy Catholic Church to make all people holy and lead them to heaven.

61. How did Jesus Christ begin the Holy Catholic Church?

Jesus began the Catholic Church by choosing twelve Apostles to take His teaching to all the nations of the world until the end of time.

62. To which Apostle did Jesus give special power over others?

Jesus gave special power to St. Peter by making him the head of the Apostles; the chief teacher and ruler of the Church. He did this when He gave Peter the Keys to the Kingdom and made him Shepherd under Him.

63. Who takes the place of St. Peter today?

The Pope, the Bishop of Rome, takes the place of St. Peter today.

64. Who takes the place of the Apostles today?

The bishops of the Church take the place of the Apostles today.

65. Who shares the bishops’ task of taking caring for God’s people?

The priests share the bishops’ task of taking care of God’s people.

66. Why do we say the Pope is infallible?

We say the Pope is infallible because Jesus said “He who hears you hears Me”; and because He made Peter the shepherd who feeds His flock on Truth, on the “words that come from the mouth of God”.

67. What is Truth?

Truth is that which is true whether we understand it and believe it or not; like a room is either truly cold or truly warm whether I think it is so or not.

68. Are there sinners in the Catholic Church?

All people are sinners. Catholics are sinners who are trying to be good by the help of God’s grace through the sacraments and charity.

69. Does the Catholic Church judge people?

No, the Catholic Church does not judge people; it only judges the *acts* that people do and *situations* they can get into. Only God can judge a person.

THE SEVEN SACRAMENTS

70. What is a Sacrament?

A sacrament is a holy, ritual sign established by Jesus Christ by which He gives grace to our soul.

71. Why do we need the sacraments?

We need the sacraments because we have a supernatural destiny -heaven- and we cannot reach a supernatural destiny without supernatural help.

72. What are the seven Sacraments?

The seven Sacraments are: Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony.

73. Why did Jesus give the sacraments to the Catholic Church?

Jesus gave the sacraments to the Catholic Church to give us grace.

74. How does grace help us lead a good life?

Grace helps us to lead a good life because it enlightens to our mind to know good from evil, and strengthens to our will so we can do good and avoid evil.

75. What is Baptism?

Baptism is new birth in grace which makes us children of God.

76. What is Confirmation?

Confirmation is the sacrament by which baptised persons receive the Holy Spirit, making them witness and soldiers of Christ who live and die for God.

77. What is the Holy Eucharist?

The Holy Eucharist is Jesus Christ Himself, since He changes the bread and wine into His Body, Blood, Soul and Divinity.

78. What is the sacrifice of the Mass?

The sacrifice of the Mass is Jesus making His Sacrifice on the Cross present on the altar by offering Himself to the Father under the appearance of bread and wine.

79. Is Holy Mass a participation in heaven?

Holy Mass is a participation in heaven because Jesus Christ is Present, and He is always surrounded by heaven's angels and saints.

80. What does Jesus give you in Holy Communion?

In Holy Communion Jesus gives me Himself, Body, Blood Soul and Divinity, as food for my soul: "I am The Bread of Life...whoever eats Me will draw life from Me" (John chapter 6).

81. What does Jesus do in the Sacrament of Confession (Penance)?

In the Sacrament of Confession (Penance) Jesus forgives all sins we are truly sorry for and renews us in His grace so we can be better Catholics.

82. Can every sin be forgiven by God?

Every sin can be forgiven because nothing is bigger than God and His love. Even Adam's original sin can be forgiven and *all* sins came from that sin.

83. What does Jesus do by the Anointing of the Sick?

In the Anointing of the Sick Jesus gives His grace to the sick so as to heal their soul and make it ready for heaven. He sometimes heals the body too.

84. What does Jesus do by Holy Orders?

By Holy Orders Jesus gives us priests to make us holy by celebrating the Sacraments, especially by Baptism, the Holy Eucharist and Confession.

85. What does Jesus do in Matrimony?

In Matrimony Jesus comes to a man and woman to make them one in Him; blessing them in Him and holding them together in Him.

**The Church knows not all marriages and families follow her teachings or are happy families. While she asks that these people do the best they can to live as Jesus taught us she judges no one -that is for God alone to do. The Church, through her priests, seeks to provide guidance and comfort to all who find life hard.*

PRAYER

86. What are you doing when you pray?

When I pray I talk to God and listen to God as He talks to me in my heart.

87. What do you say to God when you pray?

When I pray I tell God I adore Him as my God; thank Him for all He does for me; beg Him to forgive my sins, and ask Him to help me and all other people.

88. For whom should you pray?

I should pray for my family, friends, priests and teachers. I should pray for the exaltation of the Holy Catholic Church, for the conversion of sinners, for the healing of the sick, for all who are in need and for all who have died.

89. When should you pray?

I should pray in the morning to ask God for help; before and after meals, and at night to apologise for my sins and thank Him for my day.

90. Do you pray to anyone other than God?

I pray to the Blessed Virgin; the angels and saints, and my Guardian Angel.

91. Why do you pray Blessed Mary, the angels and the saints?

I pray to Mary and to the angels and saints for their help in pleasing God, just as I ask people on earth to pray for me.

92. What special gifts did God give Mary, Our Blessed Lady?

The special gifts God gave Mary are filling her with grace from the first moment she existed (her *Immaculate Conception*) as a fitting Mother for Jesus; taking her to heaven body and soul when her life on earth was over (her *Assumption*), and making her the Redeemer's auxiliary; the new Eve whose Divine Son crushes the head of the serpent.

SINS AND VIRTUES

93. When do you commit sin?

I commit a sin when I disobey God's teaching and fail to do what He wants me to do and doing what He does not want me to do.

94. How do you know what God wants you to do and not to do?

I know what God wants me to do and not do by the Ten Commandments which He gave us through Moses as we read in the Bible.

95. What is the Bible?

The Bible God's written down by men at God's *inspiration* (not by dictation). It is part of our Tradition, which infallibly teaches religious and moral Truth.

96. What are the Ten Commandments?

The Ten Commandments are:

1. You shall not have other gods besides Me.
2. You shall not take the Name of the Lord your God in vain.
3. You shall keep holy the Sabbath day.
4. You shall honour 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 neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet anything that belongs to your neighbour.

97. What are the duties of Catholics given to us by God's Holy Church?

The duties of Catholics given to us by God's Holy Church are:

1. To go to Mass every Sunday and on Holy Days of obligation.
2. To receive the Sacrament of the Eucharist and Penance.
3. To study the Catholic religion.
4. To keep the marriage laws of the Church.
5. To help the Catholic Church.
6. To help the missions.

98. Will God forgive all your sins?

God will forgive all my sins if I am truly sorry for them.

99. What do I say in the Act of Contrition?

In the Act of Contrition I tell God that I am very sorry that I have sinned against Him because I love Him; that I hate all my sins, and that I promise to change my life and not sin again.

100. Why should you be really sorry for your sins?

I should be really sorry for my sins because they displease God, who is all-good, and because they made Jesus suffer on the cross.

101. What are the seven spiritual and corporal works of mercy?

The seven corporal works of mercy are:

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To harbour the harbourless
5. To visit the sick
6. To ransom the captive
7. To bury the dead.

The seven spiritual works of mercy are:

1. To instruct the ignorant
2. To counsel the doubtful
3. To admonish sinners
4. To bear wrongs patiently
5. To forgive offences willingly
6. To comfort the afflicted
7. To pray for the living and the dead.

102. What is a virtue?

A virtue is a habit of doing a good thing such as having good sense, fairness, moderation, generosity, thankfulness, piety and courage in difficult times.

103. What are the three most important virtues?

The three most important virtues are Faith, Hope and Charity, for by them we know God, trust God, and love God in Himself and in our neighbour.

104. What are the fruits of the Holy Spirit by which we can have confidence that God is living in our soul?

The fruits of the Holy Spirit by which we can have confidence that God is living in our soul are:

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

IMPORTANT PRAYERS TO REMEMBER

OUR FATHER

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.

HAIL MARY

Hail Mary, full of grace, The Lord is with thee.
Blessed art thou among 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.

PRAISE TO GOD

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.

ACT OF CONTRITION

O My God, I am heartily sorry for having offended You,
and I detest all my sins, because of the punishments they deserve,
but most of all because they offend You, my God, who are 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 occasions of sin.

ACTS OF FAITH, HOPE, AND LOVE

I BELIEVE in You, my God, because You are the eternal Truth.
I HOPE in You, my God, because You are merciful, faithful & powerful.
I LOVE You, my God, because You are all-good and loving,
and I love all people for love of You.

THE ANGELUS (said at 6am, Noon and 6pm)

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.

All: *Hail Mary...etc*

V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.

All: *Hail Mary...etc*

V. And the Word was made Flesh.
R. And dwelt among us.

All: *Hail Mary...etc*

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

LET US PRAY

Pour 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.

THE 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,
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there 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.

INVOKING THE HOLY FAMILY

Jesus, Mary and Joseph, I give you my heart and my soul.

Jesus, Mary and Joseph, help me in my last agony.

Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

PRAYER TO MY GUARDIAN ANGEL

Angel of God, my Guardian dear,

God's love for me has sent you here;

ever this day (or night) be at my side,

to light and guard, to rule and guide. Amen.

SPONTANEOUS INVOCATIONS FOR DURING THE DAY

Jesus Mercy! Mary help!

Lord, have mercy on me, a sinner.

Jesus, meek and humble of heart,
make my heart like unto Thine.

Immaculate Heart of Mary, pray for me.



*This Book
Belongs To*

***If this book should ever roam,
Pick it up and bring it home!***

This is a very special book;
it is my first book of learning about my
Holy Catholic Faith,
the Faith which was given to the world
by Jesus Christ Our Lord
when He told His Apostles to go teach all nations.

A Young Child's First Catechism

