

## **FORMULAS OF CATHOLIC DOCTRINE**

### ***The two commandments of love:***

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.

### ***The Golden Rule (Matthew 7:12):***

Do to others as you would have them do to you.

### ***The Ten Commandments:***

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.

### ***The Beatitudes (Matthew 5:3-12):***

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 they peacemakers, for they will be called the 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 falsely on my account.

Rejoice and be glad, for your reward will be great in heaven.

### ***The three theological virtues:***

1. Faith
2. Hope
3. Charity

### ***The four cardinal virtues:***

1. Prudence
2. Justice
3. Fortitude
4. Temperance

### ***The seven gifts of the Holy Spirit:***

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

### ***The twelve fruits of the Holy Spirit:***

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness

10. Modesty
11. Self-Control
12. Chastity

5. Gluttony
6. Envy
7. Sloth

***The five 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.

***The four last things:***

1. Death
2. Judgement
3. Hell
4. Heaven

***The seven 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.

***The seven 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.

***The seven capital sins:***

1. Pride
2. Covetousness
3. Lust
4. Anger