

BASIC CHRISTIAN PRAYERS



St. Thomas Syro-Malabar parish
Melbourne South-East

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PART - I

COMMON PRAYERS



1. THE SIGN OF THE CROSS

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

(long form)

In the sign of the Holy Cross + protect us from our enemies + O Lord, in the name of the Father, and of the Son + and of the Holy Spirit. Amen.

2. GLORY

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. (Lk 2:8-20)

3. THE 'OUR FATHER'

Our Father in heaven / holy be Your Name / Your kingdom come / Your will be done / on earth as in heaven./ Give us today our daily bread. / Forgive us our sins / as we forgive those who sin against us. / Do not bring us to the test / but deliver us from evil. Amen.
(Mt 6:5-15, Mk. 11:24-26, Lk. 11-1-13)

4. THE 'HAIL MARY'

Hail Mary, full of grace, / the Lord is with you; / blessed are you among women, / and blessed is the fruit of your womb, Jesus. / Holy Mary, Mother of God, / pray for us, sinners, / now and at the hour of our death. Amen. (Lk. 1: 26-56)

5. THE APOSTLES' CREED

I believe in God, / the Father Almighty, / creator of heaven and earth. / I believe in Jesus Christ / His only Son, Our Lord./ He was conceived by the power of the Holy Spirit / and born of the Virgin Mary. / He suffered under Pontius Pilate / was crucified, died, and was buried./ He went down to the dead. On the third day he rose again. / He ascended into heaven, / and is seated at the right hand of the Father. / He will come again 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 the life everlasting. Amen.

6. NICEAN CREED

We believe in one God, the Father Almighty / Creator of all things visible and invisible / and in one Lord Jesus Christ / the only-begotten son of God / the first born of all creatures / born of the Father before all ages / and not made / true God from true God / consubstantial with the Father. / Through him the worlds were formed / and all things were created. / For the sake of us men and for our salvation / he came down from heaven / and was incarnate by the Holy Spirit and was conceived and born of the Virgin Mary / and became man. He suffered and was crucified in the days of Pontius Pilate / died and was buried / and on the third day he rose again / as it is written. He ascended into heaven / and sits at the right hand of his Father. / He will come again / to judge the dead and the living. / And we believe in one Holy Spirit; / the spirit of truth / the giver of life who proceeds from the Father and the Son. / And in one, holy, apostolic and Catholic Church / We confess one baptism for the remission of sins / the resurrection of the body/ and life everlasting. Amen.

7. THE 'I CONFESS'

I confess to Almighty God / and to you my brothers and sisters / that I have sinned through my own fault in my thoughts and in my words in what I have done / and in what I have failed to do / and I ask Blessed Mary, ever Virgin / all the angels and saints and you my brothers and sisters / to pray for me to the Lord our God. Amen.

8. THE ANGELUS

The Angel of the Lord declared unto Mary;
And she conceived by the Holy Spirit.

(Hail Mary, etc.)

Behold the handmaid of the Lord;

Be it done unto me according to Your Word.

(Hail Mary, etc.)

The Word was made flesh;

And dwelt among us.

(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 You, O Lord, Your grace into our hearts, that we, to whom the incarnation of Christ Your 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.

Glory be....

9 HOLY WEEK PRAYER

(From holy Wednesday evening to Easter Sunday)

V. Christ was made obedient unto death, for our sake;

R. Even unto death on the cross.

Let us pray

We beseech you, O God / mercifully look upon this, your family/ for whom our Lord Jesus Christ delivered Himself freely into the hands of His enemies, / and suffered the torments of death, upon the cross; / who lives and reigns for all eternity. Amen.

10. REGINA COELI

(To be said from Easter till Trinity Sunday.)

Queen of heaven, rejoice,

Halleluiah

For he whom you did merit to bear,	Halleluiah
Has risen, as he said,	Halleluiah
Pray for us to God;	Halleluiah
Rejoice and be glad, O Virgin Mary,	Halleluiah
For the Lord has risen indeed,	Halleluiah

Let us Pray

O God, who gave joy to the whole world through the Resurrection of Your Son our Lord Jesus Christ, grant that we may obtain, through his Virgin Mother, Mary, the joys of everlasting life, through the same Christ our Lord. Amen.

11. HAIL HOLY QUEEN

Hail, Holy Queen, Mother of mercy, hail our life, our sweetness and our hope, to you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears; turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus, O clement, O loving, O sweet Virgin Mary.

12. THE TEN COMMANDMENTS

(Ex.20:1-17 Deut. 5: 1-21)

1. I am the Lord your God; you shall have no other Gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember the Sabbath day and keep it holy.
4. Honour your father and your mother.
5. You shall not kill. (Mt. 19:16-20, Rom. 13:8-10)
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 your neighbour's goods.

These Ten Commandments shall be summarised into two :

- a. Love your God above all.
- b. Love your brother sister as yourself.

13. THE CHIEF PRECEPTS OF THE CHURCH

1. Participate in Qurbana on Sundays and holidays of obligation.
2. Keep the days of fasting and abstinence appointed by the Church.
3. Go to Confession at least once a year and receive Communion at least once a year during the Easter time.
4. Contribute to the support of our pastors.
5. Don't marry within certain degrees of kindred and don't solemnise marriage at the forbidden times.

14. SACRAMENTS

1. Baptism (Mt. 28: 19)
2. Confirmation (Acts. 8: 14 - 19)
3. Holy Eucharist (Mt. 26: 26-28)
4. Penance (Mt. 16: 19)
5. Anointing of the sick (James 5: 14 - 15)
6. Holy Orders (John 20: 21-23)
7. Matrimony (Mathew: 19: 6, 1Cor. 7: 1-5, Eph. 5: 21-23)

15. FIVE POINTS TO MAKE A GOOD CONFESSION

I must:

1. Think of my sins.
2. Repent and tell God that I am really sorry for my sins.
3. Promise God to do better.
4. Tell all my sins to the priest.
5. Do the penance the priest gives me.

16. THREE POINTS FOR RECEIVING HOLY COMMUNION WORTHILY

1. Be in a state of grace.
2. One hour fasting before receiving the Holy Communion.
3. Have enough devotion and preparation.

17. ACT OF CONTRITION

O my God, I am sorry and beg pardon for all my sins and detest them above all things, because they deserve Your dreadful punishments, because they have crucified my loving Saviour Jesus Christ, and most of all because they offend Your infinite goodness; and I firmly resolve, by the help of Your grace, never to offend You again and carefully to avoid the occasions of sin. Amen

(short form)

O my God, I am sorry for all my sins, because they displease You, who are All-good and deserving of all my love. With Your help, I will sin no more.

18. GRACE BEFORE MEALS

Bless us, O Lord, and these Your gifts, which we are going to receive from Your generosity through Christ Our Lord. Amen.

19. GRACE AFTER MEALS

We give You thanks Almighty God, for all Your benefits,
You who live and reign for ever and ever. Amen.

20. PRAYER OF ST. BERNARD (MEMORARE)

Remember, 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 forsaken.
Filled therefore with confidence in your goodness I fly to
you; O Mother, Virgin of virgins. To you
I come, before you I stand, a sorrowful sinner. Despise
not my petitions, O Mother of the incarnate Word, but
graciously hear and grant my prayer. Amen.

21. SOUL OF CHRIST *(prayer after Holy Communion)*

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.

Oh good Jesus, hear me.

Within your wounds, hide me. Never

let me be separated from you. From

the wicked enemy, defend me.

In the hour of my death, call me.

And bid me come to you.

So that with your saints

I may praise you for ever and ever. Amen.

22. AT THE BEGINNING OF THE DAY

O loving God, I bow before You for the good day You have given to me. I thank You for having created me and saved me by Your grace. You kept me safe during the night. I offer You all my prayers, works, joys and sufferings of this day. Give me grace to do everything according to Your will and for Your greater glory. Protect me from all sins and dangers. Amen.

23. AT THE END OF THE DAY

O my God, I thank and praise You for giving me Your life. You preserved me throughout the day from all the troubles and dangers. Forgive me for offending You through my wrong doings. Keep me safe this night in Your saving hands. May Your grace be always upon me and those whom I love. Amen.

24. PRAYER BEFORE STUDY

God our Father, send Your Holy Spirit upon us so that we may be illumined to know You and Your world better through our studies. Help us to discern and do Your will in our daily life. Keep us away from all distractions and worries. We ask this through Christ our Lord. Amen.

25. FOURTEEN WORKS OF MERCY

(Seven Corporal Works)

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 visit the imprisoned.
7. To bury the dead. (Tob. 2:1-9, Mt. 25:35)

(Seven Spiritual Works)

1. To convert the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive injuries.
7. To pray for the living and the dead.

(1 Thes. 5:14-15, Gal. 6:1-2)

26. END OF MAN

1. Death. (Gen. 3: 19, Job. 10 : 9)
2. Judgement. (Rom. 14: 10)
3. Hell. (Mt. 25 : 46)
4. Heaven (Mt. 25 : 46)

27. EIGHT BEATITUDES (Mt. 5 : 3-10)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the earth.
3. Blessed are they who mourn, for they shall be comforted.
4. Blessed are they who hunger and thirst after justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peace-makers, for they shall be called children of God.
8. Blessed are they who suffer persecution for justice sake, for theirs is the kingdom of heaven.

28. CHARACTERISTICS OF THE CHURCH

1. Church is One.
2. Church is Holy.
3. Church is Catholic or Universal.
4. Church is Apostolic.

29. SEVEN CAPITAL SINS AND THEIR CONTRARY VIRTUES

Capital Sins

x Contrary Virtues

- | | |
|-----------------------|---------------------------------|
| 1. Pride (Lk. 18:14) | x 1. Humility (Mt. 11:26) |
| 2. Avarice(Mk.7:22) | x 2. Generosity (Mt. 10:8) |
| 3. Lust (1Pet. 2:11) | x 3. Modesty (Rom. 12:1) |
| 4. Envy (Gal.5:20) | x 4. Brotherly Love (1Cor.13:4) |
| 5. Sloth (Mt. 25:26) | x 5. Diligence (Mt. 5:6) |
| 6. Anger (Mt. 5:22) | x 6. Meekness (Mt. 11:29) |
| 7. Gluttony(Lk.11:34) | x 7. Temperance (Lk. 21:24) |

30. CARDINAL VIRTUES (Wisdom 8:7)

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

31. THREE EMINENT GOOD WORKS

- | | |
|-----------------|------------|
| 1. Prayer | 2. Fasting |
| 3. Alms giving. | |

32. THEOLOGICAL VIRTUES

- | | | |
|----------|---------|------------|
| 1. Faith | 2. Hope | 3. Charity |
|----------|---------|------------|

33. SEVEN GIFTS OF THE HOLY SPIRIT (Is 11:2-3)

- | | |
|-----------|------------------|
| 1. Wisdom | 2. Understanding |
|-----------|------------------|

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

34. TWELVE FRUITS OF THE HOLY SPIRIT

(Gal. 5:22, Eph. 5:9, Phil. 1:11, James 3:17)

- | | |
|-----------------|---------------|
| 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. |

35. SINS AGAINST THE HOLY SPIRIT

(Is. 63:10, Wis. 1:5, Mt. 12:31-32, Mk. 3:29)

1. Despair that heaven is unattainable.
2. The illusion that heaven can be obtained without self-attempt.
3. Resisting the known truth.
4. Jealousy at the prosperity of others.
5. Obstinacy in sin.
6. Not to show any sign of repentance even at the last moment.

36. FOUR SINS CRYING TO GOD FOR VENGEANCE

1. Wilful murder. (Gen. 4:10)
2. The sin of Sodom (Gen. 19 : 7)
3. Oppression of the poor, the widows and the orphans. (Exods 2 : 23)
4. Defrauding labourers of their wages. (James 5:4)

37. HOLY DAYS OF OBLIGATION

1. Christmas (December 25)
2. The Assumption of Our Lady (August 15)
3. Feast of Dukhrana of St. Thomas (July 3)

38. DAYS OF FAST AND ABSTINENCE

1. Ash Monday and Good Friday
2. Abstinence of all Fridays

39. DETAILED METHOD FOR THE SACRAMENT OF PENANCE

1. With the help of the Holy Spirit examine the conscience.
2. Repent and say the prayer 'I confess'
3. Go to the priest at the confessional and say the following after making the sign of the cross. "Bless me father for I have sinned. My last confession was ago. I did the penance and received Holy Communion."
4. Tell the sins to the priest.
5. Listen to the advice and penance the priest gives.
6. Receive the absolution from the priest and say 'the Act of Contrition' in low voice.
7. Do the penance given by the priest, followed by the thanks giving prayers for the grace received.

PART - II

ROSARY TO OUR LADY



1. THE SIGN OF THE CROSS

In the sign of the Holy Cross + protect us from our enemies
+ O Lord, in the name of the Father and of the Son + and
of the Holy Spirit, Amen.

2. NICEAN CREED

We believe in one God, the Father Almighty / Creator of all
things visible and invisible / (Ref. Page 7 No. 6)

1 Our Father, 3 Hail Mary, 1 Glory be.

3.A THE JOYFUL MYSTERIES

(For Mondays and Saturdays from Advent to Lent)

1) The Annunciation

Let us meditate on Blessed Virgin Mary to whom the Angel Gabriel announced the Good News that she would conceive and deliver Jesus, the son of God....Mother Mary, help us to fulfil the will of God in everything just as you yourself surrendered fully to the divine will.

1 Our Father, 10 Hail Mary, 1 Glory be.

(Fatima Invocation:

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to Heaven, especially those who are most in need of your mercy).

2) The Visitation

Let us meditate on Blessed Virgin Mary who went to visit and nursed her cousin Elizabeth for three months, hearing that she is pregnant in her old age Mother Mary, bless us to make use of every opportunity that may come across in our daily life to help others with genuine love.

1 Our Father, 10 Hail Mary, 1 Glory be.

3) The Nativity

Let us meditate on Blessed Virgin Mary who gave birth to child Jesus during midnight at a manger in the town of Bethlehem ... Mother Mary, help us to accept all our financial difficulties and other problems of life patiently from the hands of God.

1 Our Father, 10 Hail Mary, 1 Glory be.

4) The Presentation of Jesus in the Temple

Let us meditate on Blessed Virgin Mary who dedicated

child Jesus to God through the hands of Simeon on the 40th day at the temple of Jerusalem. Mother Mary, help us to acknowledge all that we have as free gifts from God and dedicate to Him everything in our life.

1 Our Father, 10 Hail Mary, 1 Glory be.

5) The Finding of Jesus in the Temple

Let us meditate on Blessed Virgin Mary who lost Jesus at the age of twelve and found him out at the temple of Jerusalem after searching for three days, Mother Mary, help us to be united with Jesus in our daily life keeping ourselves away from the evil things and welcoming all that will lead us to Jesus.

1 Our Father, 10 Hail Mary, 1 Glory be.

3. B THE SORROWFUL MYSTERIES

(For Tuesdays and Fridays and all Sundays in Lent)

1) The Agony in the Garden

Let us reflect on the sorrowful mystery that Jesus sweated blood while he was praying in the Garden of Gethsemane Mother of Sorrows, help us to grieve over the sins of all humanity and atone for it through our sufferings.

1 Our Father, 10 Hail Mary, 1 Glory be.

2) The Scouring at the Pillar

Let us reflect on our Lord Jesus Christ who was cruelly scourged by the soldiers at the palace of Pontius Pilate Mother Mary, keep our family safe and holy. Help us to avoid all indecent behaviours, obscenities and unholy comforts from our homes.

1 Our Father, 10 Hail Mary, 1 Glory be.

3) The Crowning with Thorns

Let us reflect on our Lord Jesus Christ who was made to wear a crown of thorns by the soldiers in order to mock him.....

Mother Mary pray for us that we may ever acknowledge your son, Jesus as our king. Help us to accept his kingship ever more completely in our mind and heart dedicating ourselves fully to his reign.

1 Our Father, 10 Hail Mary, 1 Glory be.

4) Carrying of the Cross

Let us reflect on the sorrowful mystery that Jesus, after being sentenced to death, was made to carry his cross to Golgotha Mother Mary, help us to carry patiently all insults and sorrows that we face in our daily life with the cross of your son.

1 Our Father, 10 Hail Mary, 1 Glory be.

5) The Crucifixion

Let us reflect on Jesus who was nailed on to the cross in between two thieves ... Mother Mary, realising that Jesus had been crucified for us, enable us to lead a holy life by crucifying all our evil desires.

1 Our Father, 10 Hail Mary, 1 Glory be.

3. C THE GLORIOUS MYSTERIES

(For Wednesdays and other Sundays of the Year)

1) The Resurrection

Let us meditate on the glorious mystery of Jesus Christ's Resurrection on the third day from the tomb. Mother Mary, help us to resurrect from our rejections and failures of day-to-day life with the faith in your son, our Lord Jesus Christ.

1 Our Father, 10 Hail Mary, 1 Glory be.

2) The Ascension

Let us meditate on the Glorious mystery that Jesus Christ ascended into heaven on the 40th day after his Resurrection

..... Mother Mary, enable us to live without any anxiety, believing that we have an intercessor before the heavenly Father.

1 Our Father, 10 Hail Mary, 1 Glory be.

3) The Coming of the Holy Spirit

Let us meditate on Blessed Virgin Mary and apostles who received Holy Spirit on the day of Pentecost as was promised by Jesus Mother Mary, help us to control our lives, remembering that the same Holy Spirit is indwelling in our souls thereby making us the temples of the Holy Spirit.

1 Our Father, 10 Hail Mary, 1 Glory be

4) The Assumption

Let us meditate on the glorious mystery of Mother Mary's Assumption to Heaven at the end of her earthly life, Mother Mary, be near us at the time of our death to take us to heaven so that we may dwell with Jesus forever.

1 Our Father, 10 Hail Mary, 1 Glory be.

5) The Coronation of Our Blessed Mother

Let us meditate on Mother Mary who was crowned as the queen of heaven and earth Mother Mary, help us to face our daily life joyfully, always foreseeing our blissful and happy life in heaven.

1 Our Father, 10 Hail Mary, 1 Glory be.

3. D THE LUMINOUS MYSTERIES

(For Thursdays)

1) Jesus' Baptism in the Jordan

Let us contemplate in this mystery the baptism of Jesus in the Jordan, The descending of the Holy Spirit upon Him and the father's voice saying "This is my beloved Son, in him I am well pleased".

1 Our Father, 10 Hail Mary, 1 Glory be.

2) The wedding feast of Canna

Let us contemplate in this mystery the presence of Mary and Jesus at the wedding feast at Canna, and how Jesus, through the intercession of Mary, worked His first miracle-changing water into wine.

1 Our Father, 10 Hail Mary, 1 Glory be.

3) The proclamation of the Kingdom of God

Let us contemplate in this mystery, Jesus' proclamation of the coming of God's kingdom and His invitation to repent over our sins and our need to grow in faith.

1 Our Father, 10 Hail Mary, 1 Glory be

4) The Transfiguration

Let us contemplate in this mystery the transfiguration of Jesus on Mount Tabor. A voice from heaven said: "This is my Son, the chosen one: listen to him".

1 Our Father, 10 Hail Mary, 1 Glory be

5) The Institution of the Holy Eucharist

Let us contemplate in this mystery the institution of the Holy Eucharist by Jesus at the last supper, and thus sharing with us His body and blood as our food and drink in our spiritual journey to heaven.

1 Our Father, 10 Hail Mary, 1 Glory be

4. OFFERING OF THE ROSARY

O My God, we offer this Rosary in union with the prayers and merits of Jesus Christ, his Holy Virgin Mother and all the angels and saints. We offer it for the relief of the suffering souls in purgatory, the conversion of sinners and for those who are in their last agony. We beseech

You O Heavenly Father, to grant us the true spirit of our state and the grace of a happy death. Amen

5. THE LITANY OF OUR LADY

Lord, have mercy on us.	
Lord, have mercy on us.	
Christ, have mercy on us.	
Christ, have mercy on us.	
Lord, have mercy on us.	
Lord, have mercy on us.	
Christ hear us.	
Christ, graciously hear us.	
God the Father of heaven.	have mercy on us
God the Son, Redeemer of the world	“
God the Holy Spirit	“
Holy Trinity one God	“
Holy Mary	—
Holy Mother of God	
Holy Virgin of Virgins	
Mother of Christ	
Mother of the Church	
Mother of divine grace	
Mother most pure	
Mother most chaste	
Mother inviolate	
Mother undefiled	
Mother most amiable	
Mother most admirable	
Mother of good counsel	
Mother of our Creator	

Pray
for us

Mother of our Saviour
Virgin most prudent
Virgin most venerable
Virgin most renowned
Virgin most powerful
Virgin most merciful
Virgin most faithful
Mirror of justice
Seat of wisdom
Cause of our joy
Spiritual vessel
Vessel of honour
Singular vessel of
devotion Mystical Rose
Tower of David
Tower of ivory
House of gold
Ark of the covenant
Gate of heaven
Morning Star
Health of the sick
Refuge of sinners
Comforter of the afflicted
Help of Christians
Queen of Angels
Queen of Patriarchs
Queen of Prophets
Queen of Apostles
Queen of Martyrs
Queen of Confessors

Pray for us

Queen of Virgins	
Queen of all Saints	
Queen conceived without original	
sin Queen assumed into heaven	
Queen of the most Holy Rosary	
Queen of Peace	
Lamb of God who takes away	

Pray for us

the sins of the world - spare us, O Lord
 Lamb of God - graciously hear us, O Lord
 Lamb of God - have mercy on us
 Most virtuous Mother, we seek refuge at your patronage.
 Despise not our petitions in our necessities. Glorious and
 Blessed Virgin Mary, deliver us from all dangers.

L - Pray for us, O holy Mother of God,

C - that we may be made worthy of the promises of
 Christ.

Let us Pray

Lord God, we pray that we, Your servants, may always
 enjoy health of mind and body and that through the
 intercession of ever Virgin Mary, we may be freed from the
 troubles of this life and enjoy eternal happiness. Grant us
 these prayers through Christ Our Lord, Amen.

6. HAIL HOLY QUEEN (all together)

Hail, Holy Queen, Mother of mercy, hail, our life, our
 sweetness and our hope, to you do we cry, poor banished
 children of Eve; to you do we send up our sighs, mourning
 and weeping in this vale of tears; turn then, most gracious
 advocate, your eyes of mercy towards us; and after this our
 exile, show unto us the blessed fruit of your womb, Jesus,
 O clement, O loving, O sweet Virgin Mary, Amen.

7. PRAYER TO ST. JOSEPH

St. Joseph, proclaimed in the Scriptures as the man of justice, you were faithful in loving God and serving others. You remained faithful to God, even in your troubles and tribulations. May the sense of responsibility that you displayed in guarding your family with prayer and hard work, be an example for us. O most prudent guardian of the Divine family, protect all the members of our family. Along with your beloved spouse and dear Son come to our help at the time of our death, Amen.

8. PRAYER FOR THE DEAD (3 times)

L - May the souls of the faithful departed enter heaven
with the grace of God,

C - Eternal Father, be merciful to them for the precious
blood of Jesus.

1 Our Father, 1 Hail Mary, 1 Glory be.

9. DEDICATION OF THE FAMILY TO THE SACRED HEART (to be repeated by all)

Oh! Sacred Heart of Jesus, / to you we dedicate our family
/ and everyone of us. / Reign over this family; / control all our
deeds; / bless all our endeavours; / sanctify all our joys
/ and comfort us in our sorrows. / We beg pardon if any one
of us offended you. / Bless everyone in our family / and all
those who are away from here. / Admit all the departed
members of this family into eternal glory. / Protect us / from
all physical and spiritual dangers / so that we may attain /
eternal life in heaven.

May the immaculate heart of Blessed Mary / and St. Joseph
/ offer this dedication to you / and help us to cherish / its
sweet memory / throughout our life, Amen.

Sacred Heart of Jesus,	Have mercy on us.
Immaculate Heart of St. Mary,	Pray for us.
St. Mary Margaret,	Pray for us.

10. HERE, READ A SMALL PASSAGE FROM THE HOLY BIBLE.

11. INTERCESSORY PRAYERS

L - Let us all pray with joy and devotion 'Lord God, hear the prayers of this family'.

C - Lord God, hear the prayers of this family.

L - Lord, we implore You to bless us so that we may do all our duties and responsibilities exemplarily through our prayers and hard work.

C -

L - Lord enable us to form a good home so that we may become one among your beloved families after the model of Your holy family by fulfilling God's will in all our activities.

Lord

L - Bless our children so that they may grow in proper knowledge, keeping themselves away from all bad habits of life and to become good and ideal Catholics.

God, hear the prayers of this family

L - The world nations are at war against one another on selfish grounds. Lord, help the people of all nations to have the right understanding, thereby co-existing with cordial relations so that peace and prosperity may flourish throughout the world.

C -

Lord God, hear the prayers of this family.

C - Lord God hear the prayers of this family.

C - Lord God, hear the prayers of this family.

L - Lord, bless those among us who are suffering from

Physical and mental afflictions so that they may be healed and comforted to work peacefully for Your greater glory in this life.

26

C - Lord God, hear the prayers of this family.

L - Lord, bless all our friends and relatives and protect them safe in your Sacred Heart.

C - Lord God, hear the prayers of this family.

L – Lord, bless all the departed especially our family members, friends and benefactors so that they may enjoy eternal bliss in heaven with you always

C - Lord God, hear the prayers of this family.

L -Lord, bless our holy father Pope....., Our bishop Mar, our Parish Priest and all other priests, deacons, nuns and all the members of our parish so that they may lead a true Christian life, proper to their vocation

C - Lord God, hear the prayers of this family.

L - Lord, bless us so that there may be enough vocation to priesthood and religious life from our parish and enable us to help the missionary works in the ways possible for us.

C - Lord God, hear the prayers of this family.

L - Lord, enkindle in our hearts the sacred fire so that we may labour earnestly to make you reign in our hearts, in our family and in our society.

C - Lord God, hear the prayers of this family.

12. Prayer of St. Bernard (Memorare)

Remember, 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 forsaken. Filled therefore with confidence in your goodness I fly to you, O Mother, Virgin of virgins. To you I come, before you I stand, a sorrowful sinner. Despise not my petitions, O Mother of the incarnate Word, but graciously hear and grant my prayer, Amen.

13. TOGETHER SING A MARIAN HYMN.

Appendix

14. DEDICATION TO THE IMMACULATE HEART OF MOTHER MARY

(can be said on the feast days of Our Lady)

Mother Mary, / help of the Christians / and refuge of humanity, / we dedicate to your immaculate heart / this world plagued by evils, / the Church tortured in many ways / and each one of us afflicted / by various kinds of miseries. /

Intercede and obtain for us / the peace of your Son, Jesus. / May the Church have peace / and freedom to work. / All of us / who are dedicated to your immaculate heart / may live virtuously / and grow in missionary zeal. / O virgin Mary Immaculate, / accept this dedication from us / and shelter us as your own. Amen.

15. ROSARY OF DIVINE MERCY

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

1 Our Father 1 Hail Mary.....

Apostles Creed..... (See page 4, Prayer 5)

(On the large beads)

Eternal Father, we offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son ,Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

(One time)

(On the small beads)

L - For the sake of His sorrowful Passion,

C- Have mercy on us and on the whole world. (10 times)

Holy God, Holy Mighty One, Holy Immortal One,

Have mercy on us and on the whole world (3 times)

(Repeat the above for all five decades)

PART - III

OUR FAITH



CHAPTER - 1 : GOD

1. What is faith?

Faith is a personal commitment of man to God and a free assent to the whole truth that God has revealed.

2. What do you say about the faith of a Christian?

For a Christian, believing in God cannot be separated from believing in the one whom He has sent, viz. Jesus Christ. One cannot believe in Jesus Christ without sharing in His Spirit. It is the Holy Spirit who reveals

to men who Jesus is. So faith in Father, Son and Holy Spirit is indispensable in Christian faith.

3. How does God create?

God creates freely 'out of nothing'.

4. Who created the world?

God alone created the world, freely, directly and without any help.

5. Why did God create the world?

God created the world to show forth and communicate His glory. Glory of God consists in our sharing of His truth, goodness and beauty.

6. Who are the 3 Persons in the Holy Trinity?

Father, Son and the Holy Spirit.

7. How would you understand the relationship between the 3 Persons in the Holy Trinity?

There is only one God. And yet, in this one God there are three Persons, i.e. Father, Son and the Holy Spirit. These 3 Persons are so totally united with one another that they are only One.

8. Who is Jesus Christ?

Jesus Christ is the son of God, the second person of the Blessed Trinity, true God and true man.

9. Who is the mother of Jesus Christ?

Blessed Virgin Mary is the Mother of Jesus Christ.

10. When do we celebrate the birth of Jesus Christ?

We celebrate the birth of Jesus Christ on Christmas Day (December 25).

11. How did Jesus Christ save the world?

Jesus saved the world by offering his life on the Cross at Mount Calvary.

12. What do we remember on Good Friday?

We remember the death of Jesus on Good Friday.

13. What is the meaning of the word 'Christ'?

The word 'Christ' comes from the Greek translation of the Hebrew 'Messiah' which means 'anointed one' (Acts 10/39).

14. What is the meaning of the word 'Jesus'?

Jesus means in Hebrew: 'God Saves'. The child born of the Virgin Mary is called Jesus, for he will save his people from their sins (Mt. 1/21).

15. What does the title 'Lord' indicate?

It indicates 'Divine' Sovereignty.

16. How many natures are there in Jesus Christ?

Jesus Christ possesses two natures, one Divine and the other human, not confused but united in the one person of God's son.

7. Who is Holy Spirit?

Holy Spirit is the third person of the Blessed Trinity, consubstantial with the Father and Son.

18. What do you mean by angels?

Angels are spiritual creatures who glorify God without ceasing and functions as servants and messengers of God.

19. Who is Satan or devil?

They are the fallen angels who have freely refused to serve God and His plan. They try to associate man in their revolt against God.

20. What is heaven?

Those who die in God's grace and friendship and are perfectly purified, live for ever with Christ. This state of life is called heaven.

21. What do we understand by purgatory?

All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation, but after death, they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven. This is called the purgatory.

22. What do you mean by hell?

To die in mortal sin without repenting and accepting God's merciful love means remaining separated from Him for ever by our own free choice. This state of definitive self-exclusion from communion with God and the blessed, is called hell.

CHAPTER - 2 : MAN

1. How is man created?

He is created in the image and likeness of God.

2. Why did God create us?

God created us to know Him, to love Him and to serve Him in this world and to be happy with Him for ever in Heaven.

3. What is the divine plan behind the creation of man and woman?

Man and woman were created 'for each other'. God did not leave them half made and incomplete. He created them to be a communion of persons, in which each can be a 'helpmate to the other'.

4. In what does the dignity of a human person consist?

The dignity of the human person is rooted in his creation in the image and likeness of God.

5. What is conscience?

Conscience is judgement of reason whereby the human person recognizes the moral quality of a concrete act that he is going to perform or is in the process of performing, or has already completed.

6. What do you understand by a virtue?

A virtue is a habitual and firm disposition to do good.

7. Define human virtues?

Human virtues are firm attitudes, stable dispositions,

habitual perfections of intellect and will that govern our actions, order our passions and guide our conduct according to reason and faith.

8. Which are the four Cardinal virtues?

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

9. What is prudence?

Prudence is the virtue that helps us to discern true good in every circumstance and to choose the right means of achieving it.

10. Can you say what Justice is?

Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbour.

11. What is fortitude?

It is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of good.

12. Define temperance?

Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods.

13. Which are the theological virtues?

Faith, hope and charity.

14. Why are they called theological virtues?

Because they relate us directly to God.

15. What do you understand by faith?

Faith is a theological virtue by which we believe in God and all that He has said and revealed to us through the Church.

16. What is hope?

Hope is a theological virtue by which we desire the eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength but on the grace of the Holy Spirit.

17. Can you define charity?

It is a theological virtue by which we love God above all things and love our neighbour as we love ourselves for the love of God.

18. Do we re-incarnate after death?

No; Re-incarnation is against Christian doctrines.

19. Why do the Church encourage prayers for the dead?

By virtue of 'Communion of saints' the Church commends the dead to God's mercy and offer her prayers, esp. the Holy Sacrifice of the Eucharist, on their behalf.

20. What does the term 'Communion of Saints' mean?

We believe in the communion of all the faithful of Christ viz, those who are pilgrims on earth, the dead who are being purified, and the blessed in heaven - all together forming one Church. This is called communion of saints.

CHAPTER -3 : SIN

1. What do you understand by sin?

Sin is an offence against reason, truth and right conscience. It is failure in genuine love for God and neighbour.

2. In how many ways we can commit actual sins?

Actual sins are committed in 4 way: by thoughts, words, deeds and omissions.

3. What is original sin?

Original sin is the guilt or stain of sin which we inherit from Adam and Eve, the first parents who lost the original holiness and justice not only for themselves but also for the whole human race.

4. How many kinds of sins are there?

Two - mortal and venial.

5. Define a mortal sin?

Mortal sin is a sin the object of which is a grave matter and which is also committed with full knowledge and deliberate consent. Mortal sin destroys charity in the heart of man by a grave violation of God's law.

6. Why is it called 'mortal'?

Because it brings death to the soul with the loss of sanctifying grace.

7. What damage does mortal sin cause on the soul?

- i) It deprives the soul of grace and of its friendship with God.
- ii) It makes it lose paradise.
- iii) It deprives the soul of its acquired merits and

renders it incapable of acquiring more.

iv) It makes the soul slave of Satan.

v) It makes the soul deserving of hell and of punishment in this life.

8. What is a venial sin?

It is a moral disorder which can be repaired by charity.

9. Which are the capital sins?

Pride, Avarice, Lust, Envy, Sloth, Anger and Gluttony.

10. Why are the capital sins called so?

Because they become the cause of other sins.

11. What is grace?

Grace is participation in the life of God.

12. What do you mean by concupiscence?

As a result of original sin, human nature has weakened in its powers. It has become subject to ignorance, suffering and domination of death and is inclined to sin. This inclination is called concupiscence.

CHAPTER - 4 : SACRED SCRIPTURE

1. What is Sacred Scripture?

It is the Word of God, written under the inspiration of the Holy Spirit.

2. What is Holy Tradition?

It is the living transmission of the Word of God which has been entrusted to the apostles by Christ and made complete in the Holy Spirit and lived by the Christian communities.

3. Who has to give the authentic interpretation of the Word of God?

It is entrusted solely to the teaching authority of the Church, i.e. to the Pope and to the bishops in communion with him.

4. What do we see in the Sacred Scripture?

We see the Father who is in heaven, comes lovingly to meet His children and talks with them.

5. Who is the author of the Sacred Scripture?

God is the author. He inspires the human authors through His Spirit.

6. Why are gospels called the heart of all the Scriptures?

They are called so because they are our principal source for the life and teaching of the incarnate Word, Jesus Christ who is our Saviour.

7. How should we understand the Old Testament?

We should understand it in the light of the Risen Christ,

who is the culmination of Old Testament.

8. How many books are there in the Bible?

There are 73 books in the Bible.

9. How is the Bible divided into two?

Old Testament with 46 books and New Testament with 27 books.

10. Why is Sacred Scripture called 'inspired'?

Because the human authors were illumined and directed by the working of the Holy Spirit.

CHAPTER - 5 :THE CHURCH

1. What is the Church?

The Church is the people that God gathers in the whole world. She exists in local communities and is made real as a liturgical, above all, a Eucharistic assembly.

2. What does the word 'Church' mean?

It means convocation or an assembly.

3. How do we become the members of the Church?

We become members of the Church by faith and baptism.

4. What are the synonyms of the Church?

Church can be called as the People of God, Body of Christ, Temple of the Holy Spirit, Spouse of Christ and Flock of God.

5. What are the Characteristics of the Church?

- | | |
|-------------------------|-------------------------|
| i. Church is one | ii. Church is holy |
| iii. Church is catholic | iv. Church is apostolic |

6. What does 'Catholic' mean?

It means universal. The Church is universal in a double sense.

- i. It is universal because Christ is present in her.
- ii. Because she has been sent out by Christ on a mission to the whole of the human race.

7. Why is the Church called 'apostolic'?

Because she is founded on the apostles. Christ governs her through Peter and other apostles, who are present in their successors i. e. the Pope and the bishops.

8. What do we mean by saying the Church is 'one'?

She acknowledges one Lord, confesses one Faith, is born of one Baptism, forms only one Body, is given life by one Spirit and exists for the sake of one Hope.

9. Why is the Church considered 'holy'?

Because the Most Holy God is her author. Christ, her bridegroom gave himself up to make her holy; the Spirit of holiness gives her life.

10. Who is Pope?

Pope is the bishop of Rome, the Successor of St. Peter and the visible head of the Catholics.

11. What is the meaning of the word 'laity'?

The term laity is understood in the Christian circle to mean all the faithful except those in holy orders and religious state approved by the Church.

12. What do you mean by the Assumption of our Lady?

The most Blessed Virgin Mary, when the course of her earthly life was completed, was taken up body and soul into the glory of heaven to share in the glory of her son's Resurrection. This doctrine of faith about Mother Mary is known as the Assumption of our Lady.

13. Why is Sunday called the 'Lord's Day'?

It is the Day of our Lord's Resurrection.

CHAPTER - 6 : SACRAMENTS

Section - A

1. Define sacraments?

Sacraments are efficacious signs of grace, administered through visible rites, instituted by Christ and entrusted to the Church, by which divine life is given to us.

2. Name the sacraments?

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Penance
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

3. Which are the sacraments of Christian initiation?

Baptism, Confirmation and Eucharist. These sacraments lay the foundation of Christian life.

4. Which sacrament is known as the 'Sacrament of Sacraments'?

The Eucharist.

5. How do the sacraments of initiation affect the Christian life?

The faithful are born anew by Baptism, strengthened by Confirmation and nourished by Eucharist, the food of eternal life.

6. What is Baptism?

Baptism is a sacrament instituted by Christ to forgive our original sin and other sins, if any, making us children of God, heirs of the Kingdom of Heaven and members of the Church.

7. Who can baptize?

The ordinary ministers of baptism are the bishops and priests. In case of necessity any person, even someone not baptized can baptize if he/she has the required intention.

8. Is baptism necessary for salvation?

Baptism is necessary for salvation for those to whom the gospel has been proclaimed and who have had the possibility of asking for this sacrament.

9. What is baptismal seal?

Baptism seals the Christian with the indelible spiritual mark of his belonging to Christ, which consecrates the baptized person for Christian worship.

10. What is Confirmation?

Confirmation is a sacrament by which we receive the Holy Spirit in a special way to make us strong and perfect Christians and soldiers of Christ.

11. Name the Sacraments which can be received only once in a life time and state why?

1. Baptism 2. Confirmation 3. Holy Orders

These sacraments can be received only once because these imprint on the soul an indelible spiritual mark or character.

12. Who are the ordinary ministers of Confirmation?

Bishops and priests.

13. What is transubstantiation?

By the consecration of bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ and of the whole substance of the wine into the substance of His blood. This change is called transubstantiation.

14. Which are the fruits of Holy Communion?

It helps us to grow in our union with Christ and liberates us from the bonds of sin. It strengthens our unity with the mystical body of Christ and also the unity of Christians.

15. What is the Sacrament of Holy Eucharist?

The Sacrament of Eucharist is the true body and blood of Jesus Christ, under the appearance of bread and wine, given for our salvation and spiritual nourishment.

16. Who is the ordinary minister of Eucharist?

Validly ordained priest is the ordinary minister.

17. How many times can we receive Holy Communion?

The Church warmly recommends that the faithful receive Holy Communion when they participate in the celebration of the Eucharist.

Section - B

1. Which are the two Sacraments of healing?

1. Sacrament of Penance.
2. Sacrament of Anointing of the Sick.

2. What are the other names of the Sacrament of Penance?

1. Sacrament of Conversion
2. Sacrament of Confession
3. Sacrament of Forgiveness
4. Sacrament of Reconciliation

3. What is the 'Sacrament of Penance'?

Penance is a Sacrament whereby the sins, whether mortal or venial, which we have committed after baptism, are forgiven.

4. Who can forgive sins?

Only God can forgive sins. Since Jesus is the Son of God, he has the authority to forgive sins.

5. What is contrition?

It is the sorrow of soul and strong dislike for the sins committed, together with the resolution not to sin again.

6. Which are the two types of Contrition?

1. Perfect
2. Imperfect

7. What is perfect contrition?

Perfect contrition is that which fills us with sorrow and hatred for sin, because, it offends God, who is infinitely good in Himself and worthy of all love.

8. What is imperfect contrition?

Imperfect contrition is born of the consideration of sin's ugliness or the fear of eternal damnation and the other penalties threatening the sinner.

9. What sins are we bound to confess?

We are bound to confess all our mortal sins; but it is good also to confess our venial sins.

10. If a mortal sin that we forgot to tell in confession comes to mind, are we obliged to confess it in a future confession?

Yes; we must confess it in our next confession.

11. Is it a grievous offence to conceal wilfully a mortal sin in confession?

Yes; it is a grievous offence to conceal wilfully a mortal sin in confession because we thereby profane the sacrament and make our confession worthless.

12. Can any one receive Holy Communion in mortal sin?

No; anyone who is aware of having committed a mortal sin, must not receive Holy Communion in the ordinary context, without having fully received sacramental absolution even if he experiences deep contrition.

13. What do you understand by penance?

Absolution takes away sin, but it does not remedy all the disorders sin has caused. One must make satisfaction or make amends for the sins. This satisfaction is called penance.

14. Can the priest who hears the confession tell it to others?

The Church declares that every priest who hears confessions is bound under very severe penalties to keep absolute secrecy regarding the sins that his penitents have confessed to him.

15. What are the spiritual effects of this Sacrament of Penance?

- a. Reconciliation with God by which the penitent recovers grace.
- b. Reconciliation with the Church.
- c. Remission of eternal punishment, incurred by mortal sins.
- d. Remission, at least in part, of temporal punishments resulting from sin.
- e. Peace and serenity of conscience and spiritual consolation.
- f. An increase of spiritual strength for the Christian battle.

16. What is indulgence?

Indulgence is a remission, granted by the Church, of the temporal punishments which often remains due to sin after its guilt has been forgiven.

17. What do you mean by the Anointing of the Sick?

Anointing of the Sick is a sacrament by which a special grace for healing is given to the Christian who experiences difficulties due to grave illness, major accident or old age which might lead to death.

18. Who are the ordinary ministers of the Anointing of the Sick?

Only bishops and priests.

19. What does the Church intend when it administers the Anointing of the Sick?

Through this sacrament a special grace is given to the Christian who is experiencing the difficulties of grave illness or old age.

20. What are the special graces of the Anointing of the Sick?

- a. Unites the sick person to the passion of Christ.
- b. Strengthens, giving peace and courage to endure suffering of illness or old age, in Christian manner.
- c. Forgives sins, if the sick person was not able to obtain it through the Sacrament of Penance.
- d. Restores health, if it is helpful to the salvation of his soul.
- e. Prepares for passing over to eternal life.

21. What is the Sacrament of Holy Orders?

It is a sacrament by which bishops, priests and deacons are ordained and are given the authority and grace for the divine worship and sanctification of souls thereby continuing the mission entrusted by Christ to his apostles.

22. Who can confer Sacrament of Holy Orders?

Validly ordained bishops.

23. Who received the fullness of the Sacrament of Holy Orders?

Bishop

24. What is the Sacrament of Matrimony?

A covenant by which a man and a woman establish between themselves a partnership of the whole of

life, which is by its nature ordered towards the good of the spouses and procreation and education of the offspring, is called the Sacrament of Matrimony.

25. Who is the minister of the Sacrament of Matrimony?

The minister is the bishop or priest who after receiving the mutual consent of the spouses blesses the bridegroom and the bride as sign of the marriage covenant.

26. Why is a Christian home called a domestic Church?

The Christian home is the place where children receive the first proclamation of the faith. It becomes a community of grace and prayer, a school of human virtues and Christian charity.

27. What is a mixed marriage?

Marriage between a Catholic and a baptized non-Catholic is called mixed marriage.

28. Can any human power dissolve the bond of marriage? And why?

No; Because, Christ has said, "What God has joined together, let no man put asunder."

29. What are Sacramental?

Sacramental are sacred signs instituted by the Church. They prepare the faithful to receive the fruit of the sacraments and to sanctify different circumstances of life.

CHAPTER - 7 : COMMANDMENTS

- 1. What does the first commandment demand from us?**

It summons us to believe in God, to hope in Him and to love Him above all things.

- 2. Mention some of the sins against first commandment?**

Idolatry, Divination, Sacrilege, Atheism and challenging God in words and deeds.

- 3. What does the second commandment say?**

It prescribes respect for the Lord's name. It forbids the abuse of God's Name. This also demands us to honour all holy persons and things and to keep our lawful oaths and vows.

- 4. What are the sins against the second commandment?**

Blasphemy, Cursing, False Oaths and Perjury (a promise under oath with no intention of keeping it).

- 5. What does the third commandment demand from us?**

It demands us to abstain from those labours and business concerns which impede the worship to be rendered to God, the joy proper to the Lord's Day or proper relaxation of mind and body.

- 6. Why do we celebrate Sunday as the 'Sabbath Day'?**

Jesus rose from the dead on the first day of the week, viz. Sunday.

7. What is the meaning of the fourth commandment?

God has willed that, after him, we should honour our parents and those vested with authority for our good. It also includes and presupposes the duties of parents, instructors, teachers, leaders and magistrates and all those who exercise authority over others.

8. What are the duties of children towards their parents?

Children owe their parents respect, gratitude, just obedience and assistance.

9. What does the fourth commandment forbid?

It forbids all contempt, stubbornness and disobedience to our parents and lawful superiors.

10. Why does the fifth commandment prohibit killing?

God alone is the Lord of life, from its beginning until its end. No one can, under any circumstance, claim for himself the right directly to destroy any innocent human being.

11. Are we allowed to use legitimate defence?

Legitimate defence can be not only a right but a grave duty for someone responsible for another's life, the common good of the family or of the state.

12. Which are the sins against fifth commandment?

It forbids wilful murder, abortion, euthanasia, suicide, fighting, quarrelling, bad example and scandal.

13. What does the fifth commandment mean?

Every human life from the moment of conception until death is sacred because the human person has been

made in the image and likeness of holy and living God.

14. What does the sixth commandment forbid?

It forbids all sins of impurity.

15. What is chastity?

Chastity is a moral virtue which seeks to permeate the passions and appetites of the senses with reason resulting in a successful integration of the sexuality within the person.

16. What are the offences against chastity?

Lust, Masturbation, Fornication, Pornography, Prostitution, Rape, Homosexuality and Lesbianism.

17. What are the offences against dignity of marriage?

Adultery, Divorce, Polygamy and Free union.

18. What is adultery?

It refers to marital infidelity. When two partners of whom at least one is married to another party, have sexual relations, they commit adultery.

19. What does the Seventh commandment forbid?

It forbids unjustly taking or keeping the goods of one's neighbour and wronging him in any way with respect to his goods.

20. What is the meaning of seventh commandment?

It enjoys the practice of justice and charity in the administration of earthly goods and fruits of men's labour.

21. What is theft?

It is the taking away of another's goods against the reasonable will of the owner.

22. What does the eighth commandment prohibit?

It prohibits misrepresenting the truth in our relations with others e.g. False testimony, rash judgement, lies, calumny, detraction, etc. We are called to bear witness to God who is the truth and wills the truth.

23. What do you understand by truth?

Truth is the virtue which consists in showing oneself true in deeds and truthful in words, and guarding against duplicity, dissimulation and hypocrisy.

24. If you have injured your neighbour by speaking ill of him, what are you bound to do?

I am bound to make his satisfaction by restoring his good name as far as I can.

25. What does the ninth commandment forbid?

It warns against lust or carnal concupiscence and impure thoughts and desires.

26. How can we purify our hearts from sinful thoughts?

Purification of heart demands prayer, the practice of charity, purity of intention and of vision.

27. What does the tenth commandment demand?

It unfolds and completes the ninth commandment which is concerned with concupiscence of the flesh.

28. What does the tenth commandment forbid?

It forbids greed and desire to amass earthly goods without limit. It also forbids the desire to commit injustice by harming our neighbour in his temporal goods. This requires that envy be banished from the human heart.

29. What is envy?

It is the unhappiness at the sight of another's goods and the immoderate desire to have them for oneself.

CHAPTER - 8 : EXAMINATION OF CONSCIENCE

1. Did I tell all my sins to the priest in my last confession or have I concealed them wilfully?
2. Have I done all the penance which the priest told me during my last confession?
3. Do I have capital sins (pride, avarice, lust, envy, sloth, anger and gluttony) in my life?
4. Have I missed Qurbana on any Sunday or day of obligations, without sufficient reason?
5. Have I used the name of God in vain, in anger or carelessly?
6. Was I careless or disinterested to join the family prayer?
7. Have I been dishonest by stealing or cheating?
8. Have I told lies to injure anyone or to excuse myself?
9. Have I disobeyed my parents, teachers or other elders?
10. Have I been angry, jealous or rude?
11. Have I been proud or selfish?
12. Have I been lazy at my work, study or other duties?
13. Was I considerate and kind towards my neighbours, servants, etc.?
14. Am I sufficiently modest and decent in speech, dress and behaviour?
15. Did I ever feel happy when others had failure or misfortune?
16. Have I spoken ill of others or used abusing words?
17. Have I destroyed useful things or food materials?
18. Did I fail to give good example to others?
19. Have I contributed to the support of the Church in proportion to my means?

PRAYER AFTER COMMUNION

Lord God, we have just received / Jesus 'Body and Blood.
Strengthen our hands / to yield good fruits pleasing to you. We
have been chanting your I've praises / in this holy place, make
us worthy / to praise you in heaven. We have heard / your
hymns in this assembly, let us never hear the words of
condemnation / in the Last Judgement. We have seen and
experienced / your loving kindness in this Eucharist, enable
us to see the glorious vision / of your second coming- We have
sung / 'holy, holy, holy" with our tongues; let us use our
tongues / to speak only the truth. We have been walking
/ in your presence in this church; let us walk along with you
/ in the region of light. We have shared your life, love and
joy in this Eucharist, let us receive eternal life / and bliss in
heaven. We have worshipped you / in Truth and Spirit I in
faith, love and hope; / in your mercy, grant us your grace
and blessing. May your boundless love I remain in us now,
always and forever. Let us grow in your love I and offer you
praises. Listen to our prayers / and may this Eucharistic
celebration of ours I be pleasing to you. Amen.