

The ILLUSTRATED
PART I—THE APOSTLES' CREED
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Heeg, Aloysius Joseph,
1895-
The illustrated catechism.
(Child.) ABR 2096

867764



With the text of the official Revised Edition
of the Baltimore Catechism.

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 Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth 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 Ghost; the Holy Catholic Church, the communion of saints; the forgiveness of sins; the resurrection of the body; and life everlasting. Amen.

The Seven Sacraments

(And some things they do)

1. Baptism *(takes away original sin and makes us children of God).*
2. Confirmation *(gives us the Holy Ghost and makes us soldiers of Christ).*
3. Holy Eucharist *(gives us Jesus in the Mass and Holy Communion).*
4. Penance *(takes away our sins and helps us to be good).*
5. Extreme Unction *(helps us when we are very sick and in danger of death).*
6. Holy Orders *(makes men priests and helps them to take the place of Jesus).*
7. Matrimony *(makes people married and helps them to live the way they should).*

THE ILLUSTRATED CATECHISM

by

REV. ALOYSIUS J. HEEG, S.J.



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Reprinted

LESSON 1

The Purpose of Man's Existence

The first question and answer in the catechism have but three words each :

1. Who made us?

God made us.

That answer should make us very happy. Why? Because it shows that *we belong to God*. You see, if we make something all ourselves, it belongs to us. And, if we like it very much, we take very good care of it. Just think, then, what it means to say, "God made us." It means that *we belong to God*. He loves us very much. He wants to take very good care of us.

2. Who is God?

God is the Supreme Being who made all things.

That is another question, and answer, that should make us very happy. If God is the Supreme Being, there is no one as good or as great as He is. How wonderful it is to belong to Someone who is just as good and great as He can be.

God showed how good and how great He is when He made us.

3. Why did God make us?

God made us to show forth His goodness and to share with us His everlasting happiness in heaven.

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"If this world is so beautiful, what must heaven be!"

Why? Look again at the answer: to . . . You see, God was always good; God was always happy. But when God made us, He *showed* that He was good. He showed that He is so good that He wants to share with us His everlasting happiness in heaven. He wants us to live with Him in heaven as His own dear children. Just think what that means. It means to be at home with God!

4. What must we do to gain the happiness of heaven?

To gain the happiness of heaven we must *know, love, and serve God in this world.*

That is just like God; He never asks us to do anything that is not best for us. He asks us to do the three nicest things there can be. First, we must *know* God. Is there anyone whom it would be better for us to know? Remember God is just as good and as great as He can be. He is far more wonderful than the most loving father or mother on earth. If we really learn to know God, we will surely *love* Him. And to love God is the second thing we must do to gain the happiness of heaven.

Then, if we really love God, we will want to *serve* Him. Why? Because to serve God means to do what He wants, and surely we will want to do what God wants, if we really know and love Him.

You see, to know God is to love God, and to love God is to serve God. To serve God is the third of the three things we must learn to do to gain the happiness of heaven.

5. From whom do we learn to know, love, and serve God?

We learn to know, love, and serve God *from Jesus Christ, the Son of God, who teaches us through the Catholic Church.*

From whom? From Jesus Christ. And who is He? The Son of God! And how does He teach us to know, love, and serve God? Through the Catholic Church.

6. Where do we find the chief truths taught by Jesus Christ through the Catholic Church?

We find the chief truths taught by Jesus Christ through the Catholic Church *in the Apostles' Creed.*

Where? In the Apostles' Creed. And are all the truths taught by Jesus Christ through the Catholic Church found in the Apostles' Creed? No, only the chief truths. Would you like to hear what these chief truths are?

7. Say 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth 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 Ghost, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.



"To gain the happiness of heaven we must . . ."

LESSON 2

God and His Perfections

“I believe in God, the Father Almighty, Creator of heaven and earth . . .”

How glad we should be that it is *God* whom we must know, love, and serve. Just see how wonderful He is:

God is	{	the Supreme Being
		eternal
		all-knowing
		all-present
		almighty

We cannot say anyone else is all that. Those things that we say about God are so wonderful that they are found in God alone. They are called His perfections. Do you know what each of those perfections means?

8. What do we mean when we say that God is the Supreme Being?

When we say that God is the Supreme Being we mean that *He is above all creatures*.

Yes, God is above all creatures. Everything except God is called a creature. God made everything there is. When we say that God is “above” all creatures, we mean more than that He is “higher up” than they. We mean that He rules them and is ever so much more won-

derful, better, and greater than they are. For one thing, God alone is eternal.

9. What do we mean when we say that God is eternal?

When we say that God is eternal we mean that *He always was and always will be, and always remains the same.*

The word "eternal" makes us think of the word "always." See, it is used three times in the answer: always was, always will be, and always remains the same. Do you know why it is so nice to think that God always remains the same? It is because He is just as good and great as He can be. So if He ever changed, He would not be so good or so great any more,

Now think of the next perfection of God.

10. What do we mean when we say that God is all-knowing?

When we say that God is all-knowing we mean that *He knows all things, past, present, and future, even our most secret thoughts, words, and actions.*

There is nothing that God does not know. Bad people do many things that they think nobody knows. But God knows everything they do, even their most secret thoughts. Good people can be glad that God knows all things. No matter where they are or what they do, they can be sure that God knows all. It is easy for God to know all things, because He is all-present.

11. What do we mean when we say that God is all-present?

When we say that God is all-present we mean that *He is everywhere.*

God is everywhere! When bad people think of this they have to say to themselves, "Look out!" When good people think of this they can say, "How glad I am!" Why? Because, if God is everywhere, He sees us.

12. Does God see us?

God sees us and watches over us with loving care.

Yes, God not only sees us but watches over us with loving care. Remember God made us, and if God made us we belong to Him. We sometimes forget to take care of what belongs to us, but God never forgets. He watches over us with greater love and care than any mother does a little child. Sometimes a mother is unable to take care of her little child. She would like to, but she can't. But God can always take care of us, because He is almighty.

13. What do we mean when we say that God is almighty?

When we say that God is almighty we mean that *He can do all things.*

Some people can do more things than others. But if you put together all the things that men can do, they are only a few of the things that God can do. There isn't a thing a man can do without the help of God. But God can do everything without the help of anyone.



John: "Just see how wonderful God is."
Jane: "And He is our Father too!"



**“In the name of the Father, and of the Son,
and of the Holy Ghost.”**

LESSON 3

The Unity and Trinity of God

God is so wonderful that there can be only one God.

14. Is there only one God?

Yes, there is only one God.

But in the one God there is more than one Person.

15. How many Persons are there in God?

In God there are three Divine Persons—the Father, the Son, and the Holy Ghost.

No one can understand how there can be three Persons in God. We would never have known it, if God Himself had not told us. God is so much greater than we are, that He understands perfectly well many things that we cannot understand at all. We call such things mysteries. The greatest mystery is the mystery of the Blessed Trinity.

16. What do we mean by the Blessed Trinity?

By the Blessed Trinity we mean *one and the same God in three Divine Persons.*

God the Father is the first Person of the Blessed Trinity. God the Son is the second Person of the Blessed Trinity. God the Holy Ghost is the third Person of the Blessed Trinity. To help us remember that there is *one and the same God in three Divine Persons*, we can

write it this way :

God	{	the Father
		the Son
		the Holy Ghost

We think of the Blessed Trinity when we say the words of the sign of the cross :

“In the name of the Father, and of the Son, and of the Holy Ghost. Amen.”

Good Catholics like to do things in the name of the Blessed Trinity. That is why we so often make the sign of the cross.

We became Catholics when we were baptized. While the priest poured the water on our foreheads he said :

“I baptize thee in the name of the Father, and of the Son, and of the Holy Ghost.”

All through life, and even when we die, the priest blesses us with the sign of the cross. The words he says are :

“May the blessing of God Almighty, Father, Son, and Holy Ghost descend upon thee and remain forever.”

The Father, the Son, and the Holy Ghost are equal in all things. We show that we love them equally when we say this short, beautiful prayer :

“Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.”

LESSON 4

Creation and the Angels

Do you know what the first words of the Bible are? They are almost like the first words of the Apostles' Creed. The Bible begins with the words "In the beginning God created heaven and earth," and the Apostles' Creed begins with the words "I believe in God, the Father Almighty, Creator of heaven and earth."

17. What do we mean when we say that God is the Creator of heaven and earth?

When we say that God is the Creator of heaven and earth we mean that *He made all things from nothing.*

What things? *All things!* How? From nothing! No wonder we say God is almighty. God not only can do all things, but He does not need anything to do them with.

In the beginning there was nothing else but God. He alone lived. Then out of nothing, He made heaven and earth and all things in heaven and on the earth. And now we can make things, but only because God first made everything from which we make things.

God is called the Creator, and everything else, His creatures. Just look at the picture and see what the teacher has written on the blackboard. At the top is the word *God* written in very large letters. God is the



GOD

ANGELS

NON-LIVING: EARTH, SEA, SKY.

LIVING: PLANTS, FISH, BIRDS, BEASTS

MEN

“And these creatures were made not only *before* men but *for* men.”

Creator, and below the word *God* are written the names of many of God's creatures.

Angels and men are written in large letters, because they are the *chief* creatures of God. Notice that the other creatures are written between angels and men. That shows that God made them before He made men. But remember God made those other creatures not only *before* men but *for* men. God wants us to use them to help us get to heaven.

God loves His chief creatures far more than all the rest. He made them to be with Him in heaven.

18. Which are the chief creatures of God?

The chief creatures of God are *angels and men*.

19. What are angels?

Angels are *created spirits, without bodies*.

God made the angels long before He made men. He wanted all the angels to be with Him in heaven. But before He would let them see Him face to face, He wanted them to show that they really loved Him. So God tested them to see if the angels would remain faithful to Him.

20. Did all the angels remain faithful to God?

Not all the angels remained faithful to God; some of them sinned.

There was a battle between the good and the bad angels. Saint Michael led the good angels, and Lucifer

led the bad. Of course, the good angels won, because they remained faithful to God.

21. What happened to the angels who remained faithful to God?

The angels who remained faithful to God *entered into the eternal happiness of heaven, and these are called good angels.*

The good angels know that God wants us to get to heaven; so they help us.

22. How do the good angels help us?

The good angels help us *by praying for us, by acting as messengers from God to us, and by serving as our guardian angels.*

God is so good that He has given each of us a guardian angel to take care of us. We should love our guardian angel and pray to him. We can be sure that he will always remain faithful to us.

23. What happened to the angels who did not remain faithful to God?

The angels who did not remain faithful to God *were cast into hell, and these are called bad angels, or devils.*

The bad angels try to make us sin. Do you know the prayer that is said to Saint Michael right after Mass? It makes us think of that battle between the good and bad angels. In it we ask Saint Michael to help us fight the bad angels and to keep us from sin.

LESSON 5

The Creation and the Fall of Man

Perhaps, at first, the good angels wondered who would take the place of the bad angels in heaven. Did they know as soon as they saw God make man?

24. What is man?

Man is a creature composed of body and soul, and made to the image and likeness of God.

Man is one of the chief creatures of God. When God made him He said, "Let us make man to Our own image and likeness." He took some earth and made man out of it. God breathed in his face, and he became alive. It was a soul that God breathed into his face. And it was the soul that made the body become alive. That soul in man is like God Himself.

Look at the picture and see the two charts the children are holding. They show how the soul is like God. See, God is a spirit, and the soul is a spirit. God can think, and the soul can think. God can choose, and the soul can choose. God will live forever and the soul will live forever. Yes, the soul is like God. God made man to His own image and likeness.

25. Who were the first man and woman?

The first man and woman were *Adam and Eve*.

To Adam and Eve God gave a most wonderful gift. He put something in their souls that made them ever so much more beautiful, and ever so much more like God. It is called sanctifying grace.

Look at the picture again, and see what the teacher

S.G.



“What makes the soul most like God is . . . ”

has written on the blackboard: S.G. Yes, what makes the soul most like God is sanctifying grace. Sanctifying grace gives the soul a new kind of life. That new kind of life makes the soul share in the life of God Himself. Sanctifying grace makes us pleasing to God, adopted children of God, and heirs of heaven.

God loved Adam and Eve. He placed them in a beautiful garden. He wanted them to be happy in this world until it would be time to take them to heaven. But first they would have to keep a commandment that He would give them.

26. What commandment did God give Adam and Eve?

God gave Adam and Eve the commandment *not to eat of the fruit of a certain tree that grew in the Garden of Paradise.*

That was not a hard commandment that God gave to Adam and Eve. They could get all the fruit they wanted from the other trees. God wanted them to prove that they loved Him by not eating of the fruit of just one tree.

27. Did Adam and Eve obey the commandment of God?

Adam and Eve did not obey the commandment of God, but ate of the forbidden fruit.

The devil took the form of a serpent. He first got Eve to eat of the forbidden tree, and then Eve got Adam to do so too. Their sin was the first sin on earth.

28. What happened to Adam and Eve on account of their sin?

On account of their sin *Adam and Eve lost sanctifying*

grace and the right to heaven, and were driven from the Garden of Paradise.

It was all their own fault. By his sin Adam spoilt things not only for himself but for us.

29. What has happened to us on account of the sin of Adam?

On account of the sin of Adam we come into the world without grace and we inherit his punishment.

30. What is this sin called in us?

This sin in us is called *original sin*.

A child cannot inherit what his father loses. Adam is the father of the whole human race. He lost all those special gifts that God gave him, and so we cannot inherit them from him. If Adam had remained faithful to God, we would all come into this world with that great gift of sanctifying grace. We would not find it so hard to be good. We would not have to suffer so much and even die.

31. Was any human person ever free from original sin?

The Blessed Virgin Mary was free from original sin, and this favor is called her Immaculate Conception.

God knew that the Blessed Virgin Mary was to be His Mother. He did not want her to be ever stained with original sin. So, when He created her soul, He created it with the great gift of sanctifying grace. Since the time of Adam and Eve, the Blessed Virgin Mary is the only human person, whose soul was created with sanctifying grace. This was a very special favor that God did for His Blessed Mother. It is called Her Immaculate Conception.

LESSON 6

Actual Sin

That sin in us which we inherit from Adam is called original sin.

32. Is original sin the only kind of sin?

Original sin is not the only kind of sin; there is another kind, called actual sin, which we ourselves commit.

When Adam and Eve did not mind God, they committed a sin. When we do not mind God, we commit a sin too. The sin we commit is called actual sin.

33. What is actual sin?

Actual sin is any willful thought, desire, word, action, or omission forbidden by the law of God.

Just as Adam and Eve committed a sin when they willfully did what was forbidden by the law (commandment) that God gave them, so we commit a sin when we willfully do what is forbidden by the laws (commandments) that God has given us. We can commit a sin in five different ways: by thought, by desire, by word, by action, and by omission. Nothing is a sin unless it is willful. A thing is willful when we want to do it. A thing that we do not want at all cannot be a sin at all.

34. How many kinds of actual sin are there?

There are two kinds of actual sin: mortal sin and venial sin.

All sins are bad, but some sins are worse than others. A mortal sin is a big sin. A venial sin is a lesser sin.



GRUCE

"Sin is . . . forbidden by the law of God."

Do you know the difference?

35. What is mortal sin?

Mortal sin is *a grievous offense against the law of God.*

Every sin offends God. To offend God means to hurt God. The sin that offends God most and causes most grief is called mortal.

36. Why is this sin called mortal?

This sin is called mortal *because it takes away the life of the soul.*

A soul can have two kinds of life. The first kind of life is called natural. It is the kind of life that a soul always has. Every soul receives this kind of life as soon as it is created and the soul never loses it. But the soul can have another kind of life. It is the new life that God gives to the soul, when He gives it that great gift of sanctifying grace. This kind of life is called supernatural. It is above the natural life of the soul. It makes the soul share in the life of God Himself. It is this wonderful supernatural life that mortal sin takes away from the soul. Mortal sin kills this supernatural life of a man as truly as any bullet kills the natural life of a man.

37. What three things are necessary to make a sin mortal?

To make a sin mortal these three things are necessary:

First, the thought, desire, word, action or omission must be seriously wrong or considered seriously wrong;

Second, the sinner must know it is seriously wrong;

Third, the sinner must fully consent to it.

You see, the first thing necessary to make a sin mortal is that the sin must be something *big*. The second thing necessary to make a sin mortal is that the sinner must *know* what he is doing. The third thing necessary to make a sin mortal is that the sinner must fully *want* to commit the sin.

So, to remember the three things necessary to make a sin mortal, think of these three words: big, know, want. Then we can put all that is said in answer to question 37 in just a few letters:

$$\text{M.S.} = \text{B.} + \text{K.} + \text{W.}$$

This means that to make a sin mortal it must be something *big*, the sinner must *know* what he is doing, and he must *want* to do it anyhow. It is almost like:

$$6 = 3 + 2 + 1.$$

If you cross out the 3, the 2, or the 1, you will no longer have 6. So, if you cross out the B, the K, or the W, you will no longer have M.S.

If a person stole a nickel from a store, would that be a mortal sin? No, because while it would be very wrong and sinful, it would not be something big, and you would not have B after the equal sign.

If a person ate meat on Friday when he forgot it was Friday, would that be a mortal sin? No, because he would not know what he was doing, and you would not have K after the equal sign. (Because he forgot,

it would not be a sin at all.)

If a person had a bad thought, but did not want to have that bad thought, would that be a mortal sin? No, because he did not want to have that bad thought, and you would not have W after the equal sign. (If he did not want that bad thought at all, it would not be a sin at all.)

38. What is venial sin?

Venial sin is *a less serious offense against the law of God.*

All sins are bad, but venial sins are more easily forgiven than mortal sins. Although a venial sin offends God, it does not drive the life of God out of the soul, as a mortal sin does.

Just as there is a way to tell when a sin is mortal, so there is a way to tell when a sin is venial.

39. How can a sin be venial?

A sin can be venial in two ways:

First, when the evil done is not seriously wrong;

Second, when the evil done is seriously wrong, but the sinner sincerely believes it is only slightly wrong, or does not give full consent to it.

In the first way, the letter B would be missing.

In the second way either the letter K or the letter W would be missing.

Remember if any one of those three letters is missing, you cannot have a mortal sin. So if what the person does is a sin at all, it is not mortal but venial.



God kept His promise.

LESSON 7

The Incarnation

“I believe . . . in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary . . .”

That first sin that Adam committed was a mortal sin. By it he lost the great gift of sanctifying grace. By it the gates of heaven were closed, and no one could get in. It was his own fault. He should have obeyed God who was so very good to him.

40. Did God abandon man after Adam fell into sin?

God did not abandon man after Adam fell into sin, but promised to send into the world a Saviour to free man from his sins and to reopen to him the gates of heaven.

There was nothing that Adam himself could do to get back that great gift of sanctifying grace. Only God Himself could restore the life of grace that the sin of Adam destroyed. Only God could free man from his sins. Only God could reopen to him the gates of heaven. How good God was to send a Saviour!

41. Who is the Saviour of all men?

The Saviour of all men is *Jesus Christ*.

There is no one whom we should want to know more about than the Saviour. It is He who saved us. It is

He who reopened to us the gates of heaven. We can never know and thank Him enough.

42. What is the chief teaching of the Catholic Church about Jesus Christ?

The chief teaching of the Catholic Church about Jesus Christ is that *He is God made man.*

Yes, Jesus Christ is God made man. Just think how good God must be to become man for our sake. Although He lived on this earth as one of us, we should never forget that Jesus Christ is truly God. Whatever He said is as true as God Himself.

43. Is Jesus Christ more than one Person?

No, Jesus Christ is only one Person; and that Person is the second Person of the Blessed Trinity.

God the Son is the second Person of the Blessed Trinity. Another name for God the Son is *The Word*. That is why Saint John in his Gospel says, "The Word was made Flesh and dwelt among us." We kneel then when the priest says these words in the Mass. These words remind us that Jesus Christ is the second Person of the Blessed Trinity who became man for our sake.

44. How many natures has Jesus Christ?

Jesus Christ has two natures: the nature of God and the nature of man.

Jesus Christ is both God and man. Because Jesus Christ is God He has the nature of God (Divine). Because Jesus Christ is man He has the nature of man (Human).

45. When was Christ born?

Christ was born of the Blessed Virgin Mary *on Christmas Day, in Bethlehem, more than nineteen hundred years ago.*

Of all the women in the world, God chose the Blessed Virgin Mary to be His Mother. She was always so pure and holy. God preserved her even from the stain of original sin. Mary was a most wonderful Mother to Jesus. She loved Him with her whole heart, and she did everything she could for Him.

Jesus had no father on earth, but God chose Saint Joseph to be the spouse of the Blessed Virgin and the foster father of Jesus. Saint Joseph was very good to Jesus and Mary. He loved them very much, and he helped them all he could.

LESSON 8

The Redemption

“I believe . . . in Jesus Christ . . . who . . . suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead . . .”

Do you know where you can find a good life of our Lord in just 67 words? You don't? Why, it's right in the Apostles' Creed. It begins: “Jesus Christ, His (God's) only Son, our Lord . . . was conceived by the Holy Ghost, born of the Virgin Mary.”

And a way to remember our Lord's life is to think of these numbers:

25, 25, 8, 12, 30, 33, 3, 3, 40.

These numbers tell us about when these holy events took place.

25 . . . On the 25th of March God sent the Angel Gabriel to ask the Blessed Virgin Mary to be the Mother of the promised Saviour.

25 . . . On the 25th of December the Saviour was born.

8 . . . When the Saviour was 8 days old He was given the name of Jesus.

12 . . . When Jesus was 12 years old He was lost and found in the Temple.

30 . . . When Jesus was 30 years old He began to teach the people.

33 . . . When Jesus was about 33 years old He died for us.

3 . . . Jesus hung on the cross 3 hours.

3 . . . Jesus remained in the tomb 3 days.

40 . . . 40 days after Jesus rose from the dead He returned to heaven.

There were about 33 years between the birth of Jesus and His death. But in the Apostles' Creed the death of Jesus comes right after His birth. That makes us remember that Jesus came into this world just to die for us. He came to redeem us. To redeem means to buy back. Jesus came into this world to buy back for us that great gift of sanctifying grace which Adam lost for us by his sin. Jesus is our Redeemer. He did the great work of Redemption.

46. What is meant by the Redemption?

By the Redemption is meant that *Jesus Christ offered His sufferings and death to God in satisfaction for the sins of men.*

Jesus really suffered and died for us. Jesus suffered and died to satisfy (to make up for) our sins.

47. What do we learn from the sufferings and death of Christ?

From the sufferings and death of Christ we learn *God's love for man and the evil of sin.*

Jesus Himself once said, "Greater love than this no one has, that one lay down his life for his friends." We should never forget that Jesus really laid down His life for us. How awful sin must be. It takes the death of God Himself to make up for it.

After Jesus died on the cross His soul descended into *limbo.*

48. What do we mean when we say in the Apostles' Creed that Christ descended into hell?

When we say that Christ descended into hell we mean that *after He died, the soul of Christ descended into a place or state of rest, called limbo, where the souls of the just were waiting for him.*

No artist can paint a true picture of limbo. But the picture in the book is interesting just the same. The picture shows David, Moses, Abraham, Noah, and even Adam and Eve. For thousands of years good people had prayed for the coming of the Redeemer. How happy they must have been to see Him.

But the soul of Jesus did not stay long in limbo. It was reunited with His body, when He rose from the dead.

49. When did Christ rise from the dead?

Christ rose from the dead, glorious and immortal, *on Easter Sunday, the third day after His death.*

How happy Christ was on the day He rose from the dead. By His suffering and death Christ had made up for our sins and reopened the gates of heaven. He was now risen from the dead, and He would not have to suffer any more.

After His Resurrection Christ remained on earth for forty days. During that time He told the Apostles many things about the Catholic Church. Peter was to be the first Pope and the other Apostles were to be the first Bishops. The Catholic Church was to carry on the work of Jesus, after He ascended into heaven.

50. When did Christ ascend into heaven?

Christ ascended, body and soul, into heaven *on Ascension Day, forty days after His Resurrection.*

How glad Jesus must have been to be back in heaven again. It was like getting back home after being away thirty-three years.

The Apostles' Creed tells us that in heaven Christ sits at the right hand of God, the Father Almighty.

51. What do we mean when we say that Christ sits at the right hand of God, the Father Almighty? When we say that Christ sits at the right hand of God, the Father Almighty, we mean *that our Lord as God is equal to the Fa-*



"By Your holy cross You have redeemed the world."

Courtesy of Bonne Press

ther, and that as man He has the highest place in heaven, next to God.

Christ is both God and man. As God, He is the second Person of the Blessed Trinity, and is equal to the Father and the Holy Ghost. As man, He is above all other men. Christ is now at the right hand of God, the Father Almighty. But the Apostles' Creed tells us that "from thence He shall come to judge the living and the dead."

52. What do we mean when we say that Christ will come from thence to judge the living and the dead?

When we say that Christ will come from thence to judge the living and the dead, we mean that *on the last day our Lord will come to judge every one who has ever lived in this world.*

Christ will make known all the good and all the bad that everyone has done. He will show how the good deserve to go to heaven. And He will show how the bad have condemned themselves to hell. How it must hurt the good Christ to see a soul go to hell after all He did to save it.

LESSON 9

The Holy Ghost and Grace

“I believe in the Holy Ghost . . .”

Jesus often promised that He would send the Holy Ghost.

53. Who is the Holy Ghost?

The Holy Ghost is God and the third Person of the Blessed Trinity.

Forty days after Jesus rose from the dead, He led the Apostles out to Mount Olivet. From that Mount He ascended into heaven. He had told the Apostles to return to Jerusalem and wait for the coming of the Holy Ghost. So they went again to that upper room and there waited and prayed for ten days.

After that time, on the Feast of Pentecost, the Holy Ghost came upon them. Before He came the Apostles were weak and very much afraid. They were unable to do all the things that Jesus commanded them. But the Holy Ghost made them strong and brave. The Holy Ghost came to stay with the Church that Jesus started and to carry on the work of salvation.

54. What does the Holy Ghost do for the salvation of mankind?

The Holy Ghost sanctifies souls through the gift of grace.

God the Father does the work of Creation. God the Son does the work of Redemption. God the Holy Ghost does the work of Sanctification. To sanctify means to make holy. The Holy Ghost makes souls holy. He makes souls holy through the gift of grace.

Grace is not an ordinary gift. It is a gift that is called supernatural. It is something far above anything we have a right to. It is something that belongs to God. Jesus earned this gift for us on the cross. It is given to us for our salvation. We call this gift grace.

55. How many kinds of grace are there?

There are two kinds of grace: sanctifying grace and actual grace.

Sanctifying grace is that very wonderful gift that God first gave to Adam and Eve. It is the great gift that they lost by their sin. It is the great gift that Jesus died on the cross to buy back for us.

56. What does sanctifying grace do for us?

Sanctifying grace:

First, makes us holy and pleasing to God;

Second, makes us adopted children of God;

Third, makes us temples of the Holy Ghost;

Fourth, gives us the right to heaven.

There is nothing we need as much as sanctifying grace. Sanctifying grace is worth more than all the riches and honors in the world. A person who has sanctifying grace on his soul is said to be in the state of grace.

God gave us sanctifying grace when we were baptized. But we can lose that great gift by committing mortal sin. Then we are no longer holy and pleasing to God. But, if we are really sorry for our sins, we can regain sanctifying grace by receiving the sacrament of Penance.


When we are in the state of grace, God is pleased with everything we do for Him. He prepares a reward



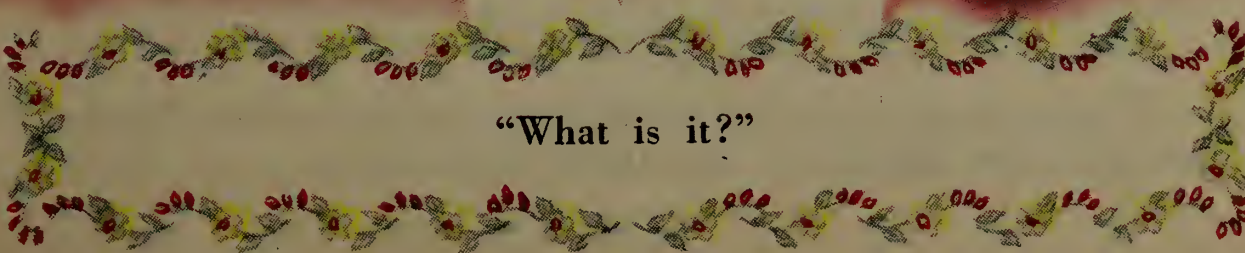
IT WAS { GIVEN BY 
LOST BY 
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IT IS NOW { GIVEN AGAIN IN B.
LOST AGAIN BY M.S.
REGAINED BY P.

IT { ASKED FOR AT D.
WILL BE { REWARDED IN H.



"What is it?"



for us in heaven, not only when we pray and work, but even when we play.

Now, if you look at the picture, maybe you can answer the riddle that the teacher is showing to the class:

It was given by God, lost by Adam, and bought back by Christ. It is now given again in Baptism, lost again by mortal sin, and regained by Penance. It will be asked for at death and rewarded in heaven.

All right, what is it?

Sanctifying grace is so wonderful that God gives us another kind of grace to help us keep it and make it grow. That grace is called actual grace.

57. What is actual grace?

Actual grace is *a supernatural help of God which enlightens our mind and strengthens our will to do good and to avoid evil.*

Very often it is hard to do good and to avoid evil. Sometimes we do not *see* that something is good. Then God's grace enlightens our mind to help us see. Sometimes we do not *want* to do good. Then God's grace strengthens our will to help us want to do good. In the same way, God's grace enlightens our mind and strengthens our will to avoid evil.

God is glad to give us His grace. The more grace we have the easier it is to do good and to avoid evil. Remember there are ways of obtaining more and more grace.

58. What are the principal ways of obtaining grace?

The principal ways of obtaining grace are *prayer and the sacraments, especially the Holy Eucharist.*

LESSON 10

The Virtues and Gifts of the Holy Ghost

When God gives anyone that great gift of sanctifying grace, He does not give it alone. With sanctifying grace He always gives many other gifts. Among these gifts are many powers.

59. What are the chief powers that are given to us with sanctifying grace?

The chief powers that are given to us with sanctifying grace are *the three theological virtues and the seven gifts of the Holy Ghost*.

To help us see what this answer means, we can write it this way:

With S.G.	{ 3 theological virtues
	{ 7 gifts of the H. G.

To help us know what a virtue is, we should remember that it is a power that helps us to do something. It is what we call a good habit. The three theological virtues given with sanctifying grace are three wonderful habits that have to do with God.

60. What are the three theological virtues?

The three theological virtues are *faith, hope, and charity*.

The first of these three theological virtues or habits is faith.

61. What is faith?

Faith is the virtue by which we firmly believe on the word of God all the truths He has revealed.

Surely it is only right that the first good habit we should have is to believe in God. Remember, God is

all-knowing; He can never make a mistake. God is all-good; He can never tell a lie. God knows all things. When He lets us know something He knows, He *reveals* it to us. We should be glad to believe all the truths that God has revealed to us.

62. What is hope?

Hope is the virtue by which we firmly trust that God will give us eternal happiness and the means to obtain it.

It is easy to trust in God. We know that He made us to show forth His goodness and share with us His everlasting happiness. God is almighty; He can do all things. God is all-good; He loves us most dearly. He has promised to help us. No wonder we should firmly trust that God will give us all the helps we need to get to heaven.

63. What is charity?

Charity is the virtue by which we love God above all things for His own sake, and our neighbors as ourselves for the love of God.

If we really remember who God is, we will love Him with our whole heart. There is no one as good and no one as great as God. He loves us more than anyone else could love us. He is just as good as He can be. That is why we should love Him above all things and for His own sake.

But God loves our neighbor just as He loves us. So we should love our neighbor for the sake of God. We should love our neighbor just as we love ourselves.



“Charity is the virtue by which we love God . . .
and our neighbor . . .”

Do you see the picture of the rich little boy helping the poor little boy up the steps of the church? How do the two boys show that they have the virtue of charity?

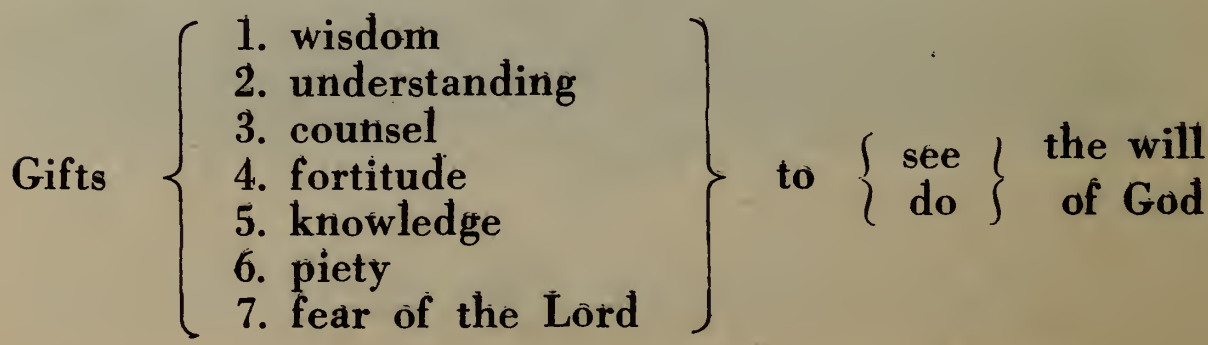
Besides the three theological virtues there are also those seven other powers that are given to us with sanctifying grace. They are called the seven gifts of the Holy Ghost.

64. Which are the seven gifts of the Holy Ghost?

The seven gifts of the Holy Ghost are: *wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.*

How good God is! He gives us so many gifts that we do not even know what they all are. These seven gifts of the Holy Ghost help us to see and to do the will of God. We do the will of God when we do what God wants us to do.

Here is a chart to help us remember the names of the seven gifts of the Holy Ghost and to see what they do for us.



LESSON 11

The Catholic Church

"I believe in . . . the Holy Catholic Church . . . "

We first received the great gift of sanctifying grace, and all those gifts that go with it, when we were baptized. It was then that we became members of the Church to which Jesus wants us to belong.

We remember how Jesus started the Church before He returned to heaven. The Bible tells us very much about it. Here are just a few words of Jesus to Saint Peter: "Thou art Peter, and upon this rock I will build My Church, and the gates of hell shall not prevail against it." (Matthew 16:18). When Jesus said "upon this rock," He meant upon Peter, because Peter means a rock. When Jesus said "the gates of hell shall not prevail against it," He meant that His Church would never fail.

65. What is the Church?

The Church is *the congregation of all baptized persons united in the same true faith, the same sacrifice and the same sacraments, under the Holy Father, the Pope.*

To help us understand this answer we can write it this way:

The Church is { the congregation of all baptized persons
 united in the same { true faith
 sacrifice
 sacraments
 under the Holy Father, the Pope.

Now see if you can answer these questions:

- (a) What is the Church called in one big word? (Congregation).
- (b) Who are the members of this congregation?
- (c) How are these members united?
- (d) And under whom are all these members?

Remember that here the word congregation does not mean just the people in one building. It means all the people who belong to the society that Jesus started, no matter where they are.

We should never forget that it was Jesus Christ Himself who founded this Church.

66. Why did Jesus Christ found the Church?

Jesus Christ founded the Church *to bring all men to eternal salvation.*

“To bring all men to eternal salvation” means to bring all men to heaven. Jesus Christ started the Church just to help us to get to heaven. In the Church the members are taught, sanctified, and ruled by men who have power from Christ Himself.

67. To whom did Christ give the power to teach, to sanctify, and to rule the members of His Church?



"To bring all men to eternal salvation."

Courtesy of Boine Press

Christ gave the power to teach, to sanctify, and to rule the members of His Church *to the apostles, the First bishops of the Church.*

It was to His apostles that Jesus said: "Amen I say to you, whatever you bind on earth shall be bound also in heaven; and whatever you loose on earth shall be loosed also in heaven" (Matthew 18:18). How good Jesus was to give them all that power to help the members of the Church. That same power Jesus gives to the successors of the apostles.

68. Who are the successors of the apostles?

The successors of the apostles are *the bishops of the Church.*

Just as the apostles took care of the Church in their time, so the bishops take care of the Church today.

69. Did Christ give special power in His Church to any one of the apostles?

Christ gave special power in His Church to Saint Peter by making him the head of the apostles and the chief teacher and ruler of the entire Church.

At the Last Supper Jesus said: "There shall be one fold and one shepherd" (John 10:16). Do you know what that fold is that Jesus was talking about? It is His Church. In the Church the people are like the lambs and the bishops like the sheep. After His

Resurrection Jesus said to Saint Peter: "Feed My lambs . . . Feed My sheep" (John 21:15-17). (With these words Jesus made Saint Peter the great shepherd of His whole Church. He made him the first Pope.

The special power that Jesus gave to Saint Peter, He now gives to the successor of Saint Peter.

70. Who is the successor of Saint Peter?

The successor of Saint Peter is *the Holy Father, the Bishop of Rome*.

Saint Peter was the first Bishop of Rome. He was the first Pope. The Pope is always the Bishop of Rome. The word Pope means Father. The Church is like a big, holy family. The Pope is the head of this family, and so we call him the Holy Father. The Holy Father takes care of our souls. The bishops help him.

71. Who help the bishops in the care of souls?

The priests, especially parish priests, help the bishops in the care of souls.

It is the priest who baptizes us. It is the priest who hears our confession and gives us Holy Communion. It is the priest who comes to us when we are very sick and in danger of death. He is the father of our soul. That is why we call him father. Good people remember that the priest takes the place of Jesus. That is why they respect him so much.

LESSON 12

The Marks of the Church

Jesus Christ established (started) only one Church. He established it before He went back to heaven. He said it would last to the end of the world. So the one true Church that Jesus established must be in the world today. Of all the churches in the world today, only one can be the true Church established by Christ.

72. Which is the one true Church established by Christ?

The one true Church established by Christ is the Catholic Church.

There are hundreds of different churches in the world today, but only the Catholic Church is the one true Church established by Christ.

73. How do we know that the Catholic Church is the one true Church established by Christ? We know that the Catholic Church is the one true Church established by Christ *because it alone has the marks of the true Church.*

If we mark something very carefully, we can always tell it is ours. When Jesus Christ established His Church, He marked it very carefully, so that we can tell that it is His. The Catholic Church alone has the marks of His Church.

74. What are the chief marks of the Church?

The chief marks of the Church are four: *It is one, holy, catholic or universal, and apostolic.*

It is just as if Jesus said, if you want to find My



"Therefore the one true Church in the world today must be the one that is ruled by the successor of Saint Peter."

Church remember :

1. It is *one*. I established only one Church. All the members of this Church are to be united in the same faith, same sacrifice, and the same sacraments, and under one head.

2. It is *holy*. I am holy and I established a Church that is holy. It teaches what is holy. It helps people to be holy. It has many saints.

3. It is *catholic*. Catholic means universal, for all people, for all times, and for everywhere. I established My Church to teach all My truths, to all people, everywhere, even to the end of time.

4. It is *apostolic*. I established My Church on Saint Peter and the other apostles. My Church will always be ruled by the lawful successors of Saint Peter and the apostles. They will always teach what the apostles taught.

Only the Catholic Church has all these four marks. So only the Catholic Church is the one true Church established by Jesus Christ.

And now would you like to know a quick, easy way to tell the one true Church? Just answer the question: "Where is the Church that is ruled by the successor of Saint Peter?" You see the Bible says that Jesus built His Church on Saint Peter. So the one true Church must be the one that is ruled by the successor of Saint Peter. As many saints have said,

“Where Peter is, there is the Church.”

75. Are all obliged to belong to the Catholic Church in order to be saved?

All are obliged to belong to the Catholic Church, in some way, in order to be saved.

Some people would like to belong to the one true Church, but do not know which it is. They would become members of that one true Church if they really knew how. If they love God and do what they think is right, they can be saved. By wanting to do what God wants them to do, they in some way belong to the Catholic Church.

LESSON 13

The Communion of Saints and Forgiveness of Sins

“I believe in . . . the communion of saints, the forgiveness of sins . . .”

The faithful on earth are not the only ones who belong to the Church. If you look at the picture you will see in it also the blessed in heaven and the souls in purgatory. They too belong to the Church. All together they form a great union called “the communion of saints.”

76. What is meant by “the communion of saints” in the Apostles’ Creed?

By “the communion of saints” is meant *the union of the*

faithful on earth, the blessed in heaven, and the souls in purgatory, with Christ as their Head.

We can understand this answer better if we write it this way:

The communion of saints:

the union of { the faithful on earth
the blessed in heaven
the souls in purgatory

with Christ as their Head.

The first thing the answer tells us is that the communion of saints is a union. And that is what the picture also tells us. Now see if you can find the answer to all these little questions: Who belong to this union? Who is the head of this union? Where do the members of this union live? Can the members on earth help the members in purgatory? Can the members in heaven help the members on earth? Which members belong to the Church militant? Which members belong to the Church suffering? Which members belong to the Church triumphant? Look at the picture, and see what the members are doing for one another. What is Christ, their Head, doing for them?

Many souls are in heaven even though they committed many sins on earth. But before they could get to heaven, they had to have their sins forgiven.



"The communion of saints."

Courtesy of Bonne Press

77. What is meant in the Apostles' Creed by "the forgiveness of sins?"

By "the forgiveness of sins" in the Apostles' Creed is meant that *God has given to the Church, through Jesus Christ, the power to forgive sins.*

To whom did God give this power? To the Church. Through whom did He give it? Through Jesus Christ.

Do you remember that first Easter Sunday, when Jesus rose from the dead? He was very happy and was making everybody else happy. He wanted to make us happy too. So He said to His Apostles, "Whose sins you shall forgive, they are forgiven them" (John 20:23). The priests use this power when we go to confession. The power to forgive sins is one of the great powers that God gave to His Church to bring all men to eternal life.

LESSON 14

The Resurrection and Life Everlasting

"I believe in . . . the resurrection of the body, and life everlasting."

Before going to the next world we must all die. When we die our soul leaves the body. The soul appears before God, and the body, little by little, returns to the dust from which God first made it. But at the end of the world that body will rise again. That is why we say in the Apostles' Creed: I believe in "the resurrection of the body."

78. What is meant by "the resurrection of the body?"

By "the resurrection of the body" is meant that *at the end of the world the bodies of all men will rise from the earth and be united again to their souls, nevermore to be separated.*

A good way to remember what happens at death is to think of this:

$$\text{Death} = \text{Body} - \text{Soul}$$

A good way to remember what will happen at the end of the world is to think of this:

$$\text{Resurrection} = \text{Body} + \text{Soul}.$$

79. Has the body of any human person ever been raised from the dead and taken into heaven?

By the special favor of her Assumption, the body of the Blessed Virgin Mary was raised from the dead and taken into heaven.

How Jesus must have loved His Mother! She never had a sin on her soul, and she was always just as good as she could be. When she died, God did not want to wait until the end of the world to bring her body to heaven. He loved her so much that He raised her body from the dead soon after her death. That was a very special favor. We celebrate it every year on the Feast of the Assumption, the 15th day of August.

After we die, God will reward or punish us according to the way we lived. But before He rewards or punishes us, He will judge us most justly.

80. What is the judgment called which will be passed on all men immediately after the general resurrection?

The judgment which will be passed on all men immediately after the general resurrection is called *the general judgment.*

Of course you have already looked at the picture of the last judgment that we have in our book. No one can paint a picture of the last judgment that will be perfectly true, but the picture in the book will help you to see what it will be like. Do you see how happy the people are who are coming up on the right side of our Lord? They are the good people. They have died in the state of grace. Jesus is saying to them, "Come, blessed of My Father, take possession of the kingdom prepared for you from the foundation of the world" (Matthew 25:34).

How frightened the people are who are going down on the left side of our Lord. They are the bad people. They have died in the state of mortal sin. Jesus is saying to them, "Depart from Me, accursed ones, into the everlasting fire which was prepared for the devil and his angels" (Matthew 25:41).

How Jesus wishes He could say "Come" to everyone. He died on the cross to save everyone. What a pity that people sin and condemn themselves to hell, after all that Jesus did just to help them to get to heaven.

But the judgment at the end of the world is not the only judgment. There is another judgment passed on each one of us immediately after death.

81. What is the judgment called which will be passed on each one of us immediately after death?

The judgment which will be passed on each one of us immediately after death is called *the particular judgment*.



"On which side will I be?"

Courtesy of Bonne Press

As soon as we die our soul appears before Almighty God. God Himself examines us. It does not matter how rich or how smart we are. God only looks to see how good we are. Good people are glad to be examined by God. They know they will pass. It is an examination that means a thousand times more than the most important examination on earth.

82. What are the rewards or punishments appointed for men after the particular judgment?

The rewards or punishments appointed for men after the particular judgment are *heaven, purgatory, or hell*.

Everything depends on how our soul is when we die. A man who dies with his soul in the state of grace, and without any debt to be paid for his sins, will go straight to heaven. A man who dies with his soul in the state of grace, but with a debt still to be paid for his sins, will go to purgatory. This man will go to heaven, but only after he has paid his debt by suffering for his sins in purgatory. A man who dies with his soul in mortal sin will go to hell.

Here is an easy way to remember all this:

Judgment	{	Soul + S. G. — Debt	➔	Hn.
		Soul + S. G. + Debt	➔	P.
		Soul + M. S. + Debt	➔	Hl.

Every day we should pray for a happy death. Every day we should say the Hail Mary with all our heart. Remember that the last words we say to the Blessed Mother are: "Pray for us at the hour of our death."

When we get to heaven we shall be just where God wants us to be. Remember why He made us! He made us "to show forth His goodness and to share with us His everlasting happiness in heaven."

In heaven everything is so wonderful that no one can even tell you what it is like. The best picture that any artist can draw is nothing in comparison to heaven itself. The picture in our book can only help us to think of a few nice things about heaven. It shows us that in heaven we will be with God and His Blessed Mother, with His angels and all His saints. We will know what it means to have God for our loving Father and Mary for our dearest of Mothers. Is there anything we would like to do, anything we would like to hear, anything we would like to see—it will all be in heaven. And for how long? For ever, and for ever, as long as God is God!

83. What is meant by the word "Amen," with which we end the Apostles' Creed?

By the word "Amen," with which we end the Apostles' Creed is meant "*So it is,*" or "*So be it.*"

In the Apostles' Creed we have found "the chief truths taught by Jesus Christ through the Catholic Church." We believe every word in it. That is why we say, "*So it is,*" or "*So be it.*"

Thank You, Jesus, for all the truths You have taught us. Please help us to live up to them.



"No artist can draw a true picture of heaven."

Courtesy of Bonne Press

PRAYERS

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

Prayer to My Guardian Angel

Angel of God, my Guardian dear,
To whom God's love entrusts me here,
Ever this day be at my side,
To light and guard, to rule and guide. Amen.

The 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.

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.

An Act of Faith

O my God, I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Ghost; I believe that Thy Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

An Act of Contrition

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

An Act of Hope

O my God, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

An Act of Love

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

(Note: The summaries of the Sacraments and the Ten Commandments are from the author's book *Jesus and I*.)

The Glory Be to the Father

Glory be to the Father, and to the Son, and to the Holy Ghost. At it was in the beginning, is now, and ever shall be, world without end. Amen.

The Blessing Before Meals

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, through Christ our Lord. Amen.

Grace After Meals

We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest forever. Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

The Confiteor

I confess to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

May the Almighty God have mercy on me, and forgive me my sins, and bring me to everlasting life. Amen.

May the Almighty and merciful Lord grant me pardon, absolution, and remission of all my sins. Amen.

The Ten Commandments

(And some things they tell us to do)

1. I am the Lord thy God; thou shalt not have strange gods before Me.
(We should love God and pray to Him.)
2. Thou shalt not take the name of the Lord thy God in vain.
(We should love the name of God, and be nice in all we say.)
3. Remember that thou keep holy the Sabbath day.
(We should go to Mass every Sunday and holy day.)
4. Honor thy father and thy mother.
(We should love and obey our parents and all who are over us.)
5. Thou shalt not kill.
(We should be kind, and not quarrel and fight.)
6. Thou shalt not commit adultery.
(We should be pure in all we see, hear, say, and do.)
7. Thou shalt not steal.
(We should be honest, and never hurt anything or steal.)
8. Thou shalt not bear false witness against thy neighbor.
(We should be truthful, and never tell a lie.)
9. Thou shalt not covet thy neighbor's wife.
(We should be pure in all we think and wish.)
10. Thou shalt not covet thy neighbor's goods.
(We should be satisfied with what we have, and not want what does not belong to us.)