

Basic Catholic Teachings

Grade 1

1. Who made you? (Lesson 1)

God made you.

2. Why did God make you?

God made me to know Him, to love Him, and to serve Him in this world, and to be happy with Him in Heaven forever.

3. Who or what is made in the image and likeness of God? (Lesson 1, ARK)

Human Beings

4. How did God create the world and everything in it? (Lesson 3)

God created the world and everything in it out of nothing, using only His Word.

5. What do we call things of faith that we cannot fully understand? (Lesson 4)

Mysteries

6. How many persons are there in God? (Lesson 4)

There are **three** persons in **one** God.

7. What do we call the mystery of three Persons in one God? (Lesson 4)

The Holy Trinity

8. Name the three Persons of the Holy Trinity. (Lesson 4)

1. God the Father is the First Person.
2. God the Son is the Second Person. (Jesus)
3. God the Holy Spirit is the Third Person.

9. What is the Incarnation? (Lesson 6)

The Son of God took on human flesh to save us.

10. What are Jesus' two natures? (Lesson 6)

- a. Fully Human
- b. Fully Divine

11. What did Jesus come to earth to do? (ARK)

Save souls

12. What is Heaven? (Lesson 7)

Heaven is the state of perfect happiness with God forever.

13. What are Jesus' two great commandments? (Lesson 8, ARK)

Love God and love your neighbor

14. The stories that Jesus told to show us about God's love and how to live are called. (Chapter 9, ARK)

Parables

15. What are the Beatitudes (Lesson 9)

The Beatitudes are the heart of Jesus' teachings. They teach us how to go to Heaven.

16. What is prayer? (Lesson 11)

A conversation with God.

17. Who is the Lord's prayer prayed to? (Lesson 13, ARK)

God the Father

18. What are trespasses? (Lesson 13)

Trespasses are sins that we do.

- 19. What is sin? (ARK)**
- It's an offense against God
 - A failure to love God and neighbor
- 20. Who were the first people created by God? (Lesson 15)**
Adam & Eve
- 21. What do we call the sin of Adam & Eve? (Lesson 16)**
Original Sin
- 22. What did God promise Adam & Eve? (Lesson 17)**
God promised to send a Savior.
- 23. How did God save us from sin? (Lesson 17, ARK)**
He sent His Son into the world.
- 24. What does the Sacrament of Baptism do for us? (Lesson 18, ARK)**
1. Makes us children of God
 2. Takes away Original Sin
 3. Gives us Grace
 4. Makes us a member of the Church
- 25. What is grace? (Lesson 19)**
God's life in us.
- 26. What is a soul?**
The spiritual gift from God that gives us life; it lives forever.
- 27. What is a Guardian Angel?**
Our Guardian Angel is a gift from God to protect us and to be with us always.
- 28. The ability to choose how we act is called. (ARK)**
Free Will

29. What are the Theological Virtues? (ARK)

Faith

Hope

Charity (Love)

30. What are the fruits of the Holy Spirit? (Lesson 19)

The fruits are visible evidence that the Holy Spirit is active in one's life.

31. List the Fruits of the Holy Spirit. (Lesson 19, ARK)

- Charity (Love)
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Generosity
- Gentleness
- Faithfulness
- Modesty
- Self-Control
- Chastity

32. What is a saint? (Lesson 19)

A holy soul that is in Heaven.

33. What does the name Jesus mean? (Lesson 20)

God Saves

34. What do we call the day Jesus died on the Cross? (Lesson 20)

Good Friday

35. Who is the Lamb of God? (Lesson 20, ARK)

Jesus

- 36. What happened on Easter Sunday? (Lesson 21)**
Jesus rose from the dead.
- 37. What is the Ascension? (Lesson 21)**
Jesus rose in the sky to return to the Father.
- 38. What is the Paschal Mystery? (Lesson 21)**
The Suffering, Death, Resurrection, and Ascension of Jesus.
- 39. What are the two parts of the Mass? (Lesson 22, ARK)**
Liturgy of the Word
Liturgy of the Eucharist
- 40. What happens during the Liturgy of the Word?
(Lesson 22, ARK)**
Scripture is read
- 41. What happens during the Liturgy of the Eucharist?
(Lesson 22, ARK)**
Jesus comes to us in Holy Communion under the appearance
of bread & wine.
- 42. When did Jesus give us the Eucharist on the night before he
died? (Lesson 23, ARK)**
The Last Supper
- 43. What did Jesus change the bread & wine into at the Last
Supper? (Lesson 23)**
His Body-Blood-Soul and Divinity
- 44. Who is a Pastor, and what does he do? (Lesson 24, ARK)**
A priest who is in charge of a parish.

**45. What do we call the 12 men Jesus called to “follow” Him?
(Lesson 24)**

The 12 Apostles

46. Name the 12 Apostles. (Lesson 24)

Peter

Philip

James (the Greater)

James (the Less)

Jude

Judas

John

Andrew

Bartholomew

Matthew

Simon

Thomas

**47. Who did God choose to be the Mother of Jesus our Savior?
(Lesson 25)**

Mary

48. Was Mary born with Original Sin? (Lesson 25)

No

49. Who is the Holy Family? (Lesson 25)

Jesus, Mary and Joseph

**50. What was the name of the angel who told Mary she would
have a baby and call Him Jesus? (Lesson 26)**

Gabriel

51. Who is the third person of the Holy Trinity? (Lesson 29)

The Holy Spirit

52. Before He ascended to Heaven, who promised to send the Holy Spirit? (Lesson 30)

Jesus

53. When did the Holy Spirit descend upon Mary and the Apostles? This is also known as the “Birthday of the Church” (Lesson 30)

Pentecost

54. Which books in the Bible tell us about the life of Jesus? (Lesson 34, Ark)

The Gospels

55. Which books make up the Gospels? (Lesson 34, ARK)

Matthew

Mark

Luke

John

56. Who are the prophets? (Lesson 34)

Holy men who prepared people for the coming of the Savior, Jesus Christ.

57. Whom do the first 3 Commandments teach us to love? (Lesson 34)

God

58. Whom do the last 7 Commandments teach us to love? (Lesson 34)

Our neighbors and Ourselves

59. What are the five main seasons of the Church and what color is associated with each? (ARK)

1. Advent - purple
2. Christmas - white
3. Ordinary Time - green
4. Lent - purple
5. Easter - white

60. The season before Christmas is called. (ARK)

Advent

Prayers

Sign of the Cross

Our Father

Hail Mary

Angel of God

St. Michael Prayer

The Memorare

Grace Before Meals

Morning Offering

Act of Contrition

The Rosary

Glory Be

Apostles Creed

Act of Faith (short version)

Act of Hope (short version)

Act of Love (short version)

Stations of the Cross

Hail Holy Queen

Nicene Creed

Prayer of St Francis

Magnificat

Angelus

Come Holy Spirit

Chaplet of Divine Mercy

Prayer for Souls in Purgatory

Eternal Rest

Anima Christi

1	2	3	4	5	6	7	8
M	R	R	R	R	R	R	R
M	R	R	R	R	R	R	R
M	R	R	R	R	R	R	R
M	R	R	R	R	R	R	R
E	M	R	R	R	R	R	R
E	E	E	M	R	R	R	R
M	R	R	R	R	R	R	R
E	M	R	R	R	R	R	R
E	E	M	R	R	R	R	R
E	E	M	R	R	R	R	R
E	E	E	M	R	R	R	R
E	E	E	M	R	R	R	R
E	E	E	M	R	R	R	R
E	E	E	M	R	R	R	R
E	E	E	E	M	R	R	R
E	E	E	E	E	E	E	M
E	E	E	M	R	R	R	R
E	E	E	E	E	E	M	R
E	E	E	E	M	R	R	R
E	E	E	E	E	E	M	R
E	E	E	E	E	E	E	M
E	E	E	E	E	M	R	R
E	E	E	E	E	E	M	R

R=Review E=Encourage M=Memorize

The Sign of the Cross

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

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Our Father

Our Father, Who art in heaven, hallowed be thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

Grace Before Meals

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

Glory Be

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

Angel of God

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

St. Michael Prayer

Saint Michael the archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

The Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day, for the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen

The Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; the third day he rose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From there He shall come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

The Magnificat

My soul magnifies the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

Angelus

P:	The Angel of the Lord declared unto Mary	
R:	And she conceived of the Holy Spirit.	(Hail Mary)
P:	Behold the handmaid of the Lord	
R:	Be it done unto me according to your word.	(Hail Mary)
P:	And the Word was made flesh	
R:	And dwelt among us.	(Hail Mary)

Let us pray: Pour forth we beseech you O Lord Your grace into our hearts. That we to whom the incarnation of Christ Thy Son was made known by the message of an angel may by His passion and cross be brought the glory of His resurrection through the same Christ our Lord. Amen.

The Most Holy Rosary

Joyful Mysteries

Annunciation
Visitation
Birth of Jesus
Presentation
Finding of Jesus in the Temple

Sorrowful Mysteries

Agony in the Garden
Scourging at the Pillar
Crowning with Thorns
Jesus carries His Cross
Crucifixion

Glorious Mysteries

Resurrection
Ascension
Descent of the Holy Spirit
Assumption of Mary
Coronation of Mary

Luminous Mysteries

Jesus' Baptism in the Jordan
Wedding feast at Cana
Jesus' Proclamation of the Kingdom of God
The Transfiguration
The institution of the Holy Eucharist

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving O sweet Virgin Mary.

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ.

Closing Prayer

Let us pray: O God, whose only-begotten Son, by his Life, Death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that, meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

Stations of the Cross

- 1st Station: Jesus is condemned to death.
- 2nd Station: Jesus carries His cross.
- 3rd Station: Jesus falls the first time.
- 4th Station: Jesus meets His mother.
- 5th Station: Simon of Cyrene helps Jesus to carry His cross.
- 6th Station: Veronica wipes the face of Jesus.
- 7th Station: Jesus falls the second time.
- 8th Station: Jesus meets the women of Jerusalem
- 9th Station: Jesus falls a third time.
- 10th Station: Jesus is stripped of His garments.
- 11th Station: Jesus is nailed to the cross.
- 12th Station: Jesus dies on the cross.
- 13th Station: The body of Jesus is taken down from the cross.
- 14th Station: Jesus is laid in the tomb.

Act of Faith (short version)

Oh my God, I believe in You and in all that You teach through Your Holy Church, because Your Word is true.

Act of Hope (short version)

Oh my God, I hope in You for all the graces that I need for my eternal salvation and for heaven itself, because You are infinitely powerful, good and merciful and because You are faithful to Your word.

Act of Love (short version)

O my God, I love you above all things, because You are infinitely good, and for Your sake I love my neighbor as myself.

Prayer of St. Francis

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; Where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, To be understood as to understand, To be loved as to love; For it is in giving that we receive; It is in pardoning that we are pardoned; It is in dying to self that we are born to eternal life.

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; Through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became a man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, Who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins

and I look forward to the resurrection

of the dead and the life of the world to come. Amen.

Come Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

Let us pray:

O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in his consolation.

Through Christ our Lord. Amen

Anima Christi

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.
O good Jesus, hear me.
Within your wounds hide me.
Suffer me not to be separated from Thee.
From the malignant enemy, defend me.
At the hour of my death, call me.
And bid me come to Thee,
That with thy saints I may praise Thee.
Forever and ever.
Amen.

Prayer for Souls in Purgatory

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

Eternal Rest Prayer

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Chaplet of Divine Mercy

Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty yourself out upon us.

Repeat three times:

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you!

Our Father

Hail Mary

The Apostles' Creed

For each of the five decades

On each "Our Father" bead of the rosary, pray:

V. Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son, our Lord Jesus Christ,

R. in atonement for our sins and those of the whole world.

On each of the 10 "Hail Mary" beads, pray:

V. For the sake of his sorrowful Passion,
R. have mercy on us and on the whole world.

Conclusion *Repeat three times:*

Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.

Closing Prayer Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself.
Amen.