



CONSECRATION IN TRUTH®

Student Workbook High School 1

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APOSTOLATE FOR FAMILY CONSECRATION®

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Nihil Obstat:

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Gilbert I. Sheldon
Bishop of Steubenville
June 15, 2001

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Published 2001. Third Edition 2011. Printed in the United States of America.

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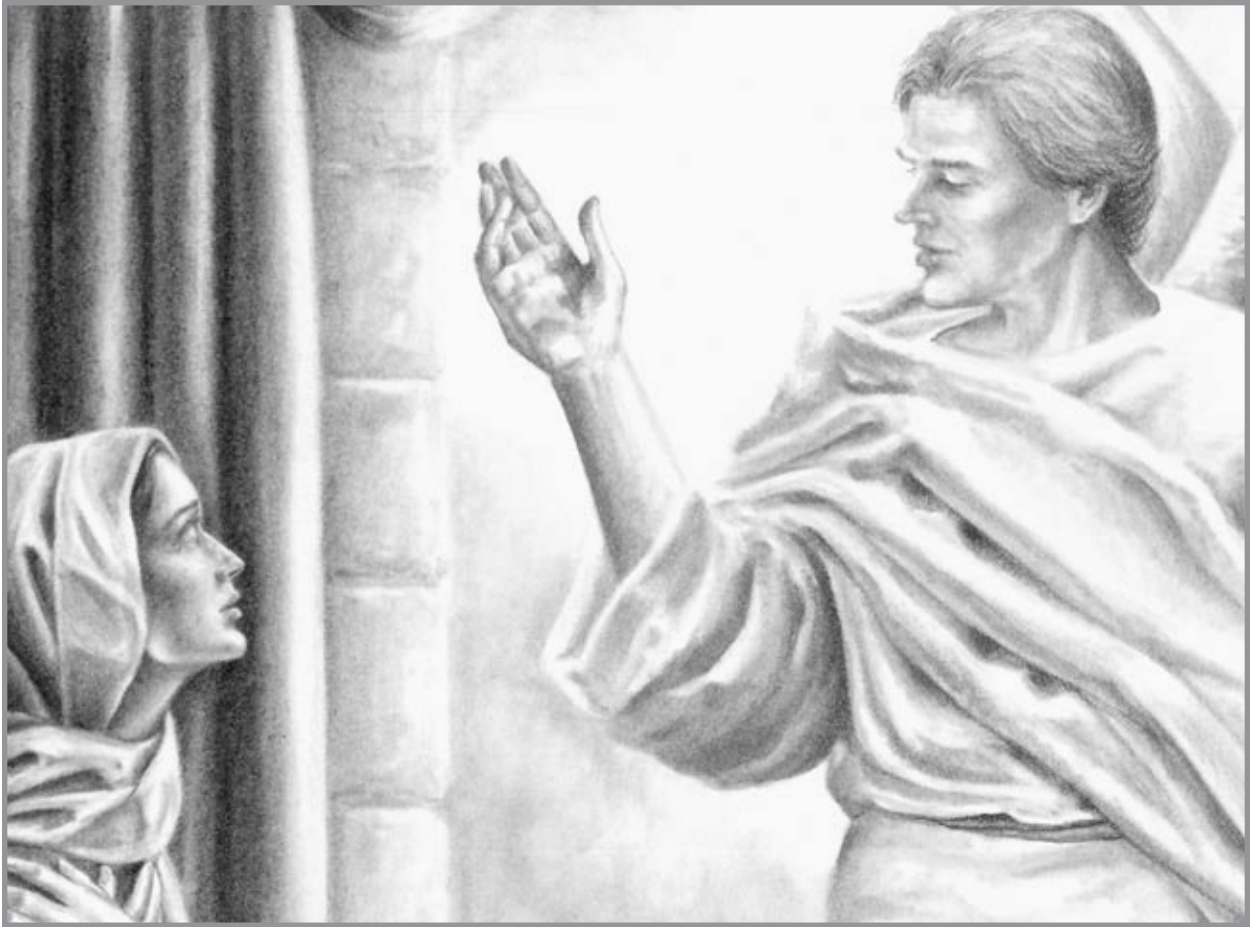
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Note to Parents and Students

Students should read all of the questions and answers, the readings from Sacred Scripture and Vatican II, and the prayers in the assigned questions of *The Apostolate's Family Catechism*.

When practicing the “Ten Steps to Mental Prayer”, students will need a notebook in which to write their daily insights.

Common prayers, the “Ten Steps to Mental Prayer”, and the “Five Steps to Lectio Divina” (spiritual reading) are included in the appendix.



First Joyful Mystery: The Annunciation

Session One

GOD'S PERFECT HAPPINESS

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 5 and 7 in *The Apostolate's Family Catechism*. What is the main difference between the love and knowledge of the holy angels and the love and knowledge of God?

3. Read questions 10 and 11 in *The Apostolate's Family Catechism*. What is the principle of non-contradiction?

4. Think of your favorite part of God's creation. Write a brief prayer of thanksgiving to God for that part of His creation.

Resolution: I will try to thank God for all of His creations.



Second Joyful Mystery: The Visitation

Session Two

THE MERCY AND JUSTICE OF GOD

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 14–15 in *The Apostolate's Family Catechism*. What does the author mean when he says in the Chapter Summary Prayer that God's love is "unparalleled"?

3. Read questions 16–18 in *The Apostolate's Family Catechism*. Whom did God choose to be the father of His chosen people, Israel?

4. Prayerfully ask yourself the following questions: "What is the one thing which most distracts me from loving God? What can I do to overcome it?" Write down your answer(s).

Resolution: I will close my eyes and
try to concentrate when I pray.



Third Joyful Mystery: The Birth of Our Lord

Session Three

THE HUMAN SOUL: A LITTLE TRINITY

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 25 and 30 in *The Apostolate's Family Catechism*. Who is the Paraclete?

3. Read questions 32–34 in *The Apostolate's Family Catechism*. What do we mean when we say that the Father “begets” the Son?

4. Prayerfully ask yourself the following questions: “Does the way in which I study, speak, and write about my Faith show my love for Jesus? What can I do to please Jesus more in the way in which I study, speak, and write about my Faith?” Write your answer to the second question.

Resolution: I will try to do my work for religion class
neatly and completely to please Jesus.



Fourth Joyful Mystery: The Presentation in the Temple

Session Four

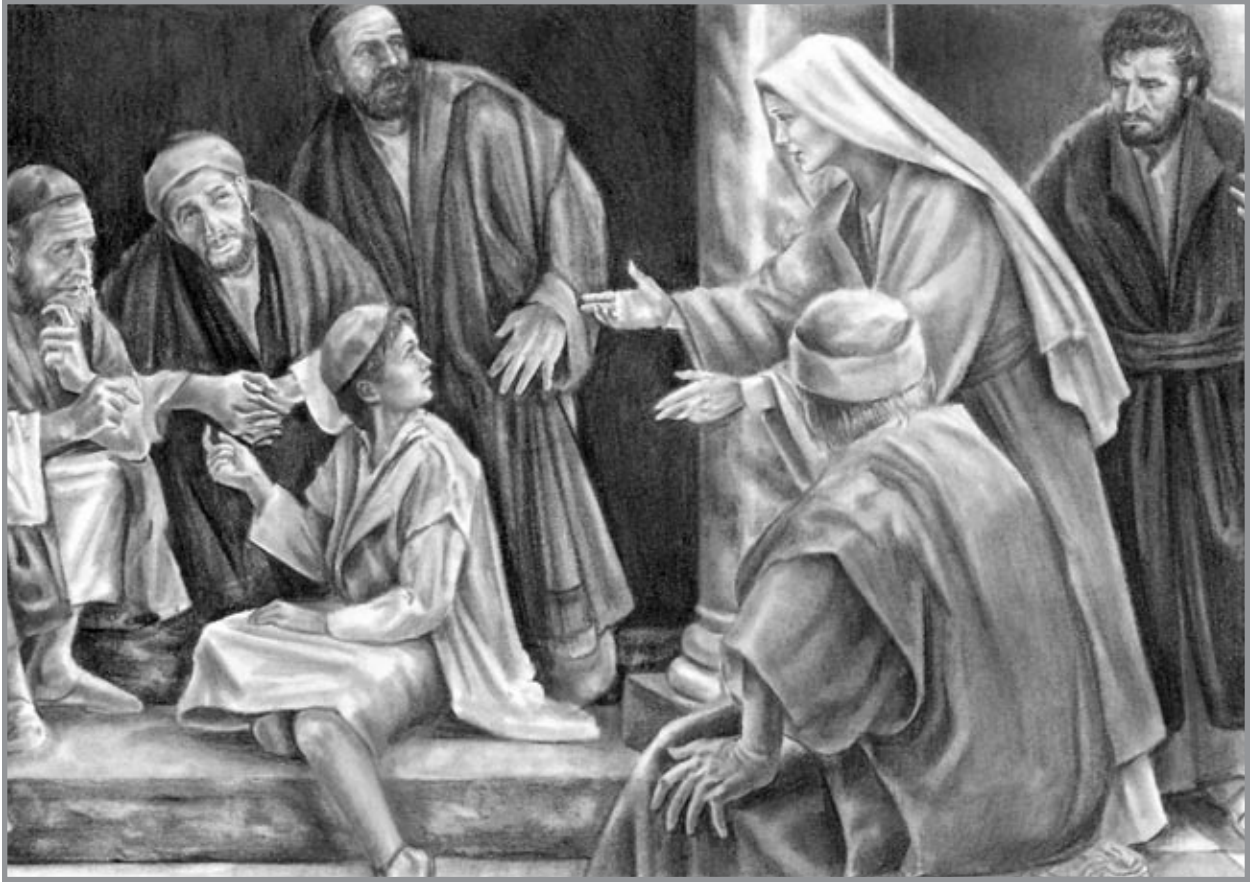
GOD'S DESIGN IN CREATION

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 36–37 in *The Apostolate's Family Catechism*. What is the difference between “making” something and “creating” something?

3. Read questions 38–39 in *The Apostolate's Family Catechism*. Which of the angels is the special protector of the Church?

Resolution: I will thank the Lord for the blessings and graces
He has given me.



Fifth Joyful Mystery: The Finding of Our Lord in the Temple

Session Five

THE DIFFERENCE BETWEEN HUMAN BEINGS AND ANIMALS

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 42–44 in *The Apostolate's Family Catechism*. Which part of a human being do parents help God to form?

3. Read question 47 in *The Apostolate's Family Catechism*. What does St. Paul mean when he says that through Jesus, “we have received reconciliation” (Romans 5:11–12)?

Resolution: I will care for the body which God has given me
by eating nutritious food.



First Luminous Mystery: The Baptism of Our Lord

Session Six

SPIRITUAL LEPROSY

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 57–58 in *The Apostolate's Family Catechism*. According to Jesus, what thing can make us slaves?

3. Read questions 59–60 in *The Apostolate's Family Catechism*. According to St. Paul's Letter to the Romans, what is "the wages of sin"?

4. Read question 62 in *The Apostolate's Family Catechism*. When is ignorance of the sinfulness of an action not excusable?

Resolution: If I do something wrong or make a mistake,
I will be honest about it.



Second Luminous Mystery: The Miracle at the Wedding of Cana

Session Seven

HOW CAN WE KNOW GOD'S WILL?

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 63–64 in *The Apostolate's Family Catechism*. What is the Magisterium of the Church?

3. Read questions 65–66 in *The Apostolate's Family Catechism*. What does Christ do for us through the priest in the sacrament of Penance?

Resolution: I will obey all of the teachings
of the Catholic Church.



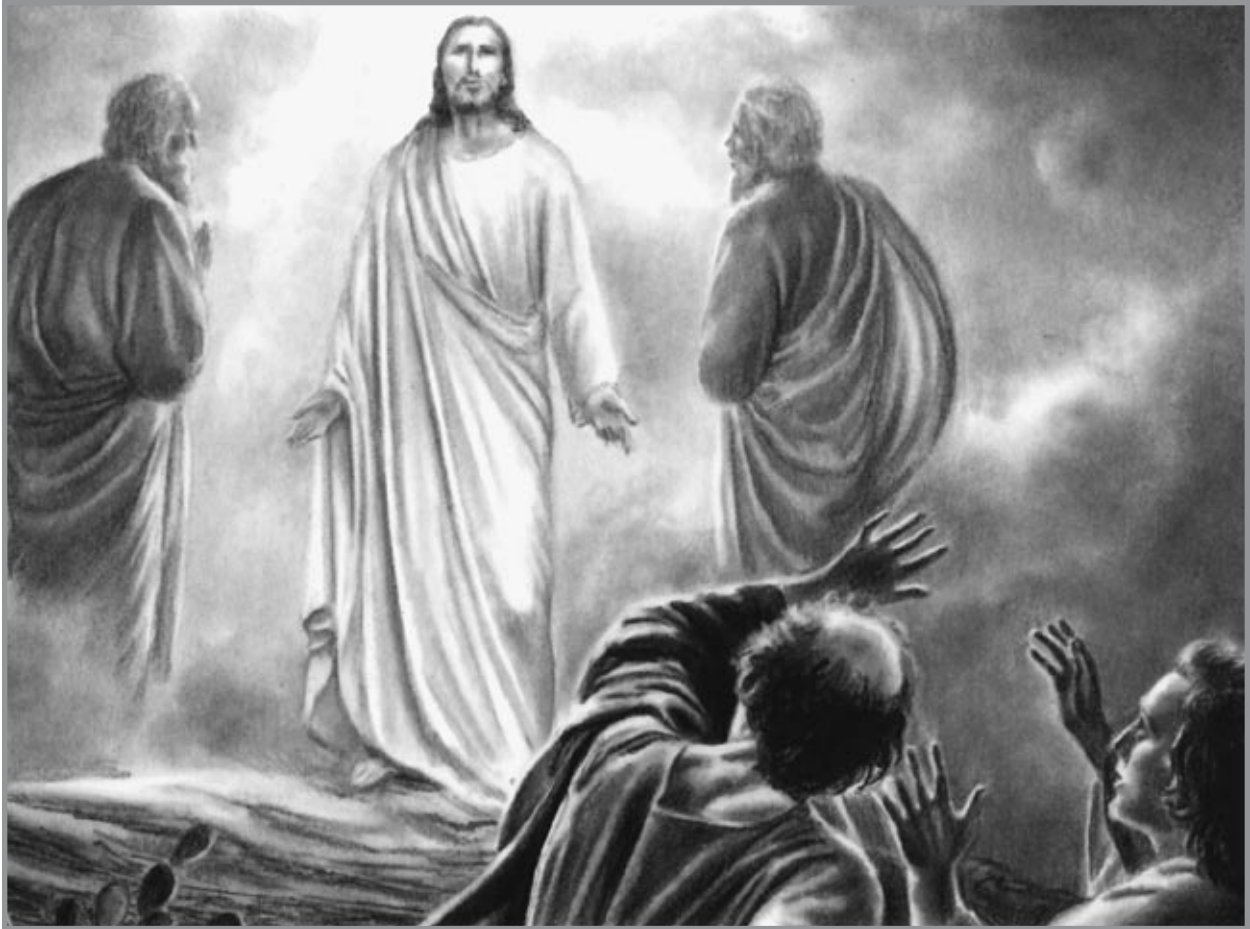
Third Luminous Mystery: The Proclamation of the Kingdom and Call to Conversion

Session Eight
OCCASIONS OF SIN

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 70–71 in *The Apostolate's Family Catechism*. To whom was Jesus speaking when He said, "Simon, Simon, behold Satan desires to have you..."?

3. Read questions 72–74 in *The Apostolate's Family Catechism*. How did the angel greet Mary when he invited her to become the Mother of God?

Resolution: If I have not gone to Confession in the past month,
I will make an examination of conscience and go.



Fourth Luminous Mystery: The Transfiguration

Session Nine

FAITH IS A GIFT

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 76–77 in *The Apostolate's Family Catechism*. Your next-door neighbor tells you that he does not believe that Jesus is God. He asks you why you believe in the divinity of Jesus. What do you tell him?

3. Read questions 80–81 in *The Apostolate's Family Catechism*. Another neighbor believes in the Bible. He also believes that Jesus made everything, but he does not believe that Jesus holds all things together. Which passage of Scripture can you show him to change his mind?

Resolution: I will say grace before eating -
at home and in public.



Fifth Luminous Mystery: The Institution of the Eucharist

Session Ten

THE SUFFERINGS OF JESUS

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 84–86 in *The Apostolate's Family Catechism*. Recall the last time that you spoke to each of the other members of your family. Now imagine Jesus, in your place, speaking to each of them. What difference(s) do you notice between His way of speaking and yours?

3. Read questions 88–89 in *The Apostolate's Family Catechism*. Picture Jesus in the Garden of Gethsemane. Imagine His sorrow at seeing the sins of your past life. Write a short prayer to Him with this scene in mind.

Resolution: On Fridays, I will give up something which I like
for the love of Jesus.



First Sorrowful Mystery: The Agony in the Garden

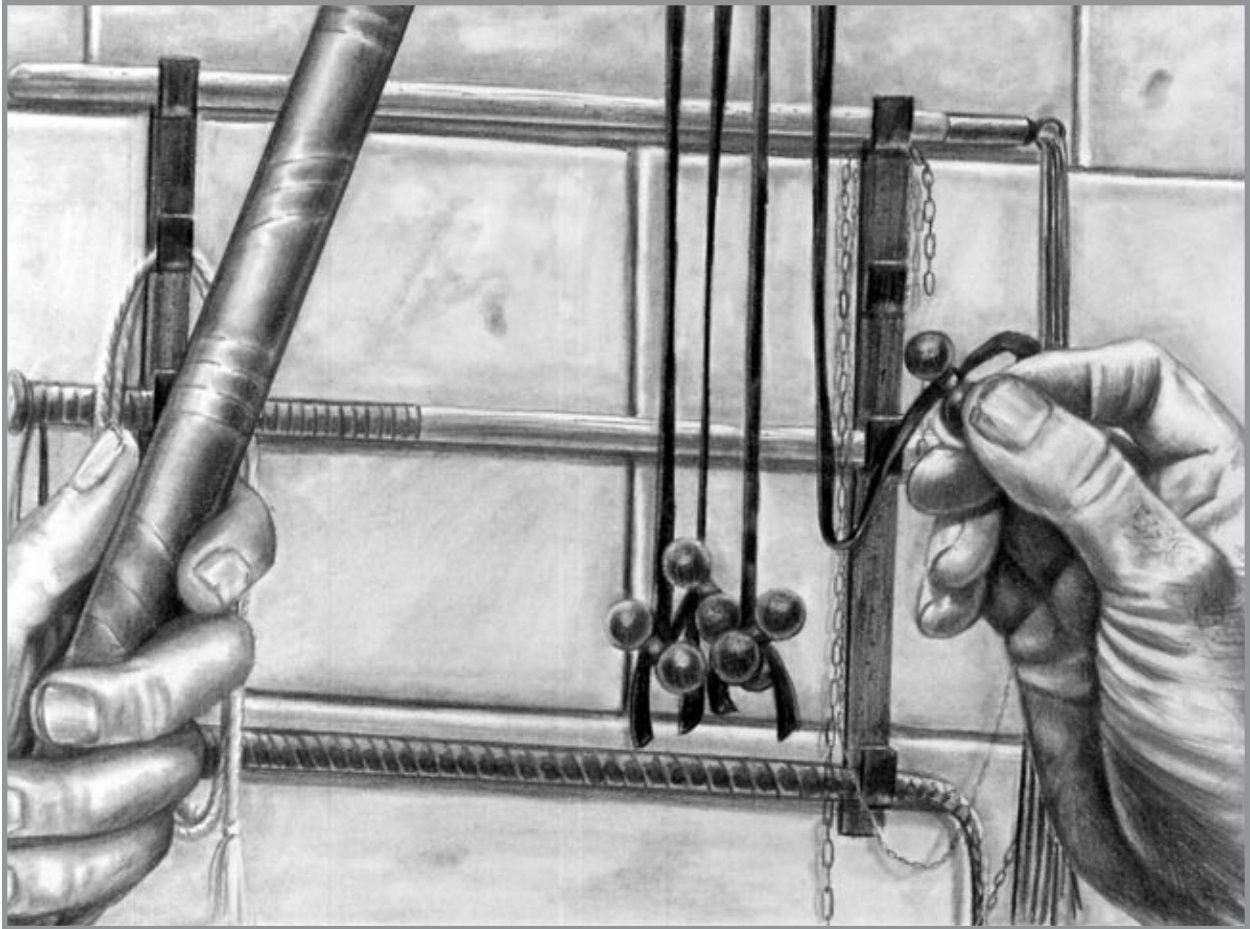
Session Eleven

GOD DRAWS GOOD OUT OF EVIL

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 94 and 96 in *The Apostolate's Family Catechism*. Recall the last time you complained about something or someone; then think for a few moments of the sufferings of Jesus. How does the thought of Jesus' sufferings change the way you feel about your complaint?

3. Read questions 99–101 in *The Apostolate's Family Catechism*. When do you think all church-going Catholics see the Risen Jesus?

Resolution: I will eat what is served to me without complaining.



Second Sorrowful Mystery: The Scourging at the Pillar

Session Twelve

RESURRECTION MIRACLES

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. In *The Apostolate's Family Catechism*, read question 102 and the Scripture passage preceding it. Why do you think the Church encourages us to say the words, "My Lord and my God!" at the consecration of the Holy Eucharist? Explain your answer.

3. Read questions 106–107 in *The Apostolate's Family Catechism*. Who sends the Holy Spirit to us? What does the Holy Spirit do for us?

Resolution: I will reach out to those who look lonely, by talking to them or inviting them to do something with me.



Third Sorrowful Mystery: The Crowning of Thorns

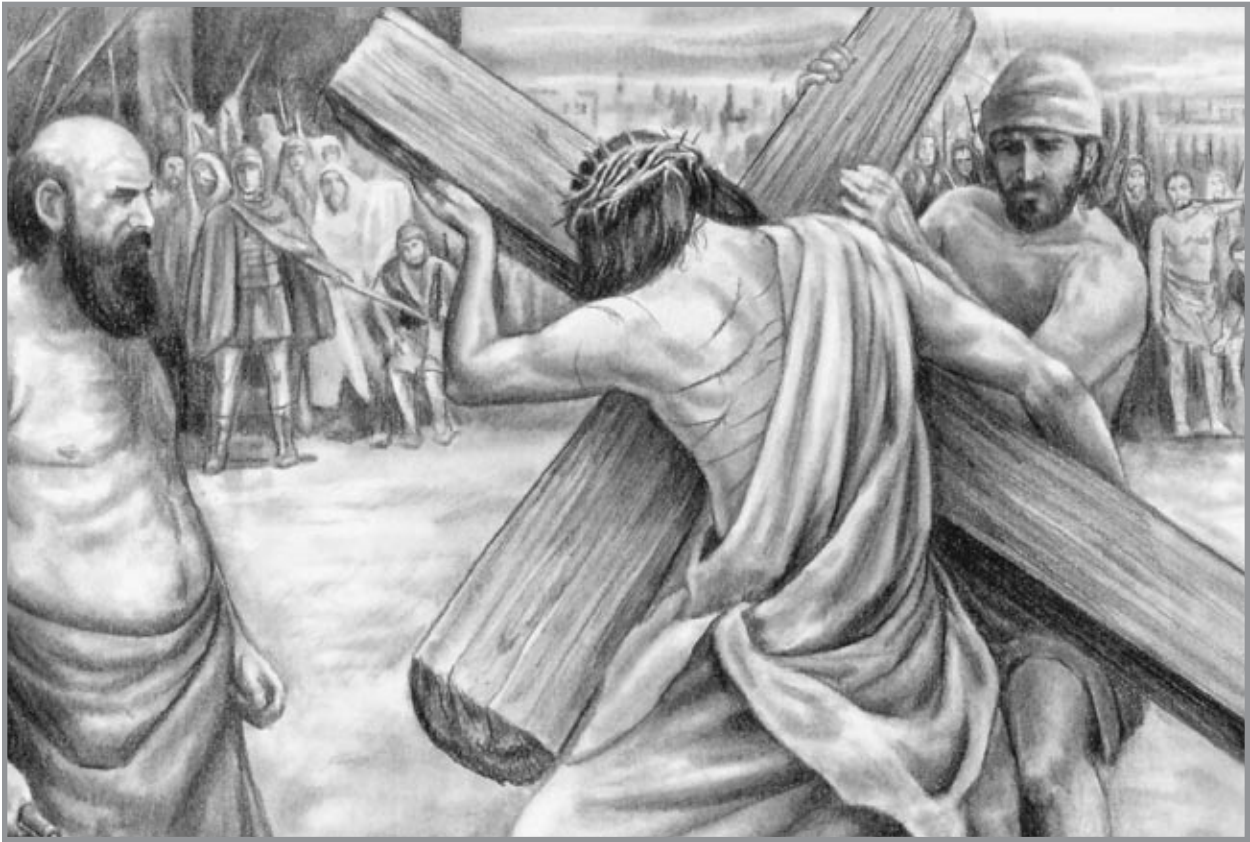
Session Thirteen

**THE RESURRECTION AND ASCENSION OF JESUS
AND THE LIVES OF THE SAINTS**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 114–116 in *The Apostolate's Family Catechism*. Why do we say that the Holy Spirit is the “Sanctifier,” when all three Divine Persons always act together?

3. Read questions 117–118 in *The Apostolate's Family Catechism*. What signs accompanied the descent of the Holy Spirit on the Apostles at Pentecost?

Resolution: I will treat everyone I meet with
respect and dignity.



Fourth Sorrowful Mystery: The Carrying of the Cross

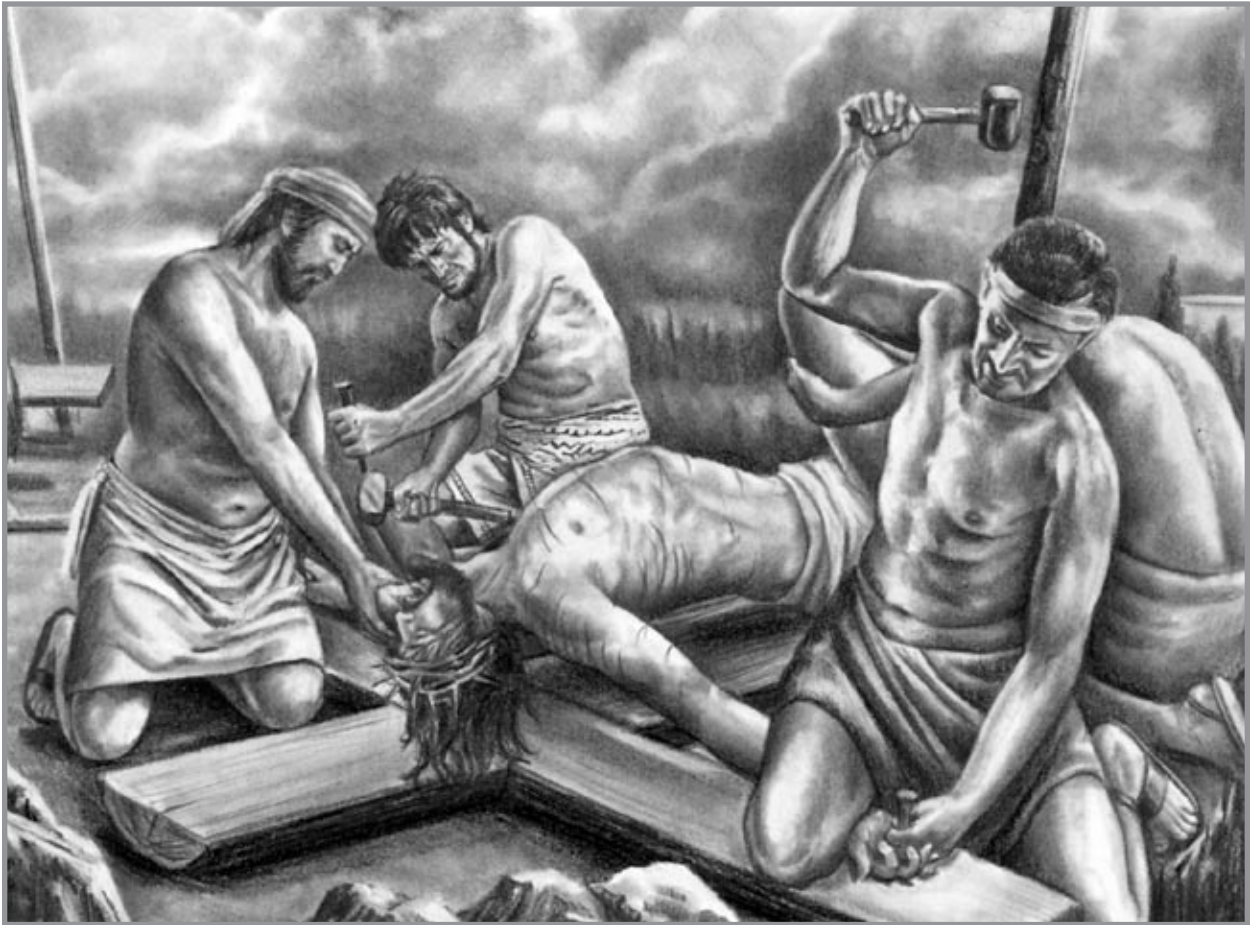
Session Fourteen

GOD'S FOREKNOWLEDGE AND MAN'S FREE WILL

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 119–120 in *The Apostolate's Family Catechism*. What is the Ecumenical Movement?

3. Read questions 124–127 in *The Apostolate's Family Catechism*. Jesus said, "I am the vine; you are the branches." What do you think is the sap that flows from Jesus (the vine) to us (His branches)?

Resolution: I will ask our Blessed Mother to help me
know and do God's will at all times.



Fifth Sorrowful Mystery: The Crucifixion and Death of Our Lord

Session Fifteen

**GRAVITY AND GRACE: THE VIRTUES AND GIFTS
OF THE HOLY SPIRIT**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 135–136 in *The Apostolate's Family Catechism*. Next to each of the following stories, write the cardinal virtue which the main character in the story needs to acquire.
 - A. While Tom was walking out of church one morning, he found a twenty dollar bill on the floor. Instead of turning it in at the church office, he decided to keep it for himself. _____
 - B. Anna's mother baked enough muffins so that each person would be able to have a whole one on Sunday morning. On Saturday evening, Anna ate two of the muffins; there were not enough for each person to have one the next day.

 - C. Luke volunteered to join the Legion of Mary, but when some of his friends made fun of him for it, he decided not to join. _____
 - D. Carmen's friends asked her to help them sing at a home for the elderly. Carmen promised that she would help them, without considering the amount of time it would take her to finish her homework and her chores. As a result, when the time came for Carmen to go to the home, she was not able to go because she had not finished her work. _____
3. Read question 137 in *The Apostolate's Family Catechism*. Which of the gifts of the Holy Spirit do you think you need to ask for the most? Write a short prayer to the Holy Spirit, asking Him to give you that gift. _____

Resolution: I will pray to the Holy Spirit every day.



First Glorious Mystery: The Resurrection

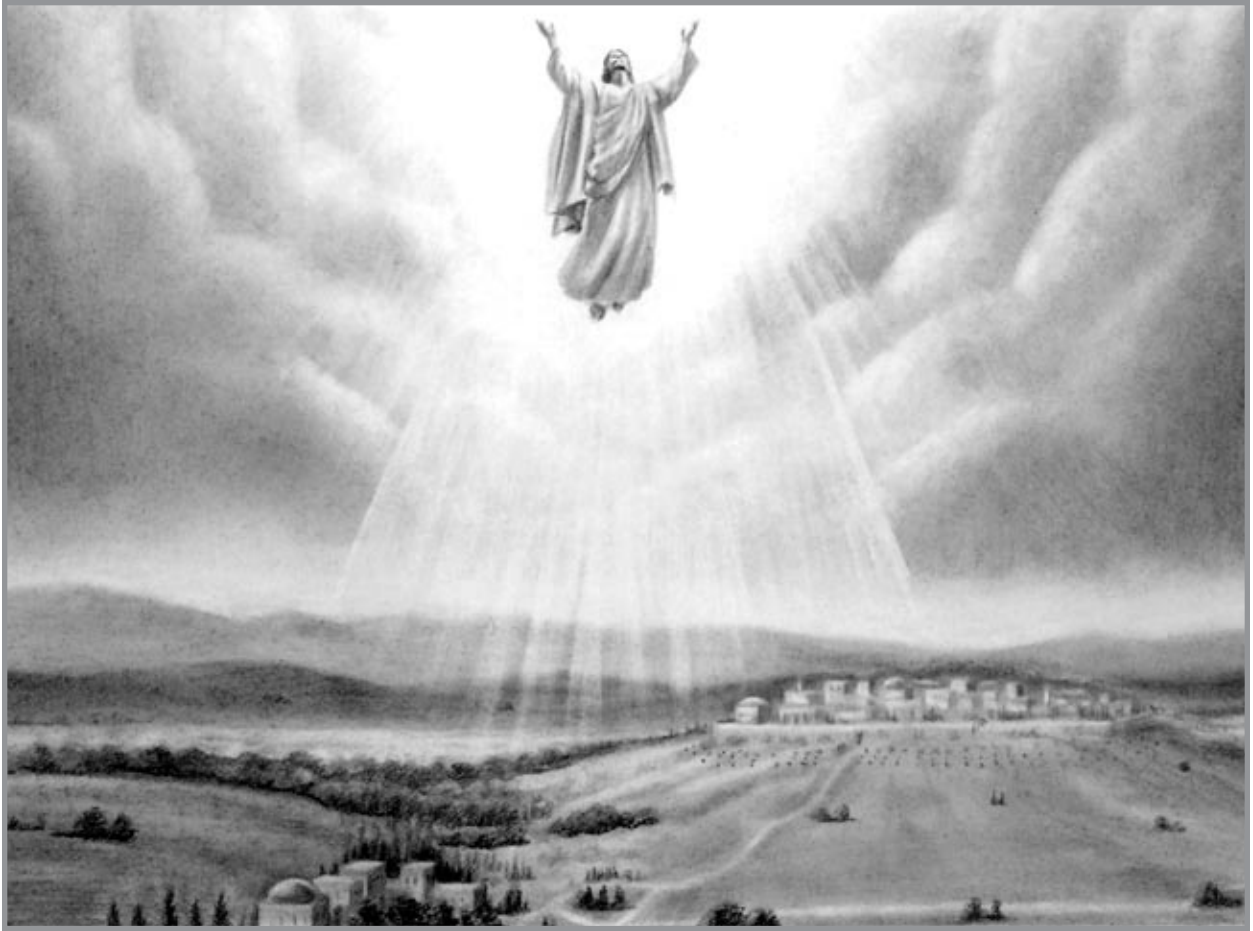
Session Sixteen

THE CHURCH IS THE BODY OF CHRIST

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 138–139 in *The Apostolate's Family Catechism*. Prayerfully ask yourself this question: "What kind of person do I need to be in order to attract non-Catholics to the Catholic Church by my example?" Write down your answer.

3. Read questions 140–141 in *The Apostolate's Family Catechism*. Who decided which books should be included in the Bible?

Resolution: I will show respect and love to everyone,
especially to the members of my family.



Second Glorious Mystery: The Ascension into Heaven

Session Seventeen

**ST. ELIZABETH ANN SETON:
THE CHURCH IS A VISIBLE INSTITUTION**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 145–147 in *The Apostolate's Family Catechism*. In what ways is Jesus present in the Catholic Church?

3. Read questions 150–152 in *The Apostolate's Family Catechism*. When and where was the first council of bishops held?

Resolution: If I have given bad example to anyone,
I will try to make up for it.



Third Glorious Mystery: The Descent of the Holy Spirit

Session Eighteen

EVANGELIZATION

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 153–154 in *The Apostolate's Family Catechism*. What do we mean when we say that the Pope is “infallible”?

3. Read questions 156–157 in *The Apostolate's Family Catechism*. There is an old saying that “a man is as close to God as he is to his worst enemy.” Take a moment to consider whether there is anyone toward whom you feel hatred, bitterness, or scorn. If so, ask God for the grace to love that person as Jesus does.
4. Read questions 164–165 in *The Apostolate's Family Catechism*. Take a few minutes to think of all of the different people with whom you have spoken during the past week. How many people were there? Did you draw them closer to Jesus by your words and example? How could you become a better missionary for Jesus? Write your answer to the last question.

Resolution: I will try to talk about my Faith with others.



Fourth Glorious Mystery: The Assumption of our Blessed Mother into Heaven

Session Nineteen

CHRISTIAN UNITY

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read question 170 in *The Apostolate's Family Catechism*. What do we mean by the "laity" or the "lay faithful"?

3. Read questions 172–176 in *The Apostolate's Family Catechism*.

A. What are the four marks of the Church?

B. What is the binding center of our unity and the test of our membership in Christ's Church?

Resolution: I will pray for peace in my country
and throughout the world.



Fifth Glorious Mystery: The Coronation of Our Blessed Mother

Session Twenty

THE HOLY SOULS IN PURGATORY

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 180–181 in *The Apostolate's Family Catechism*. Which of the Apostles was chosen by Jesus to carry the Gospel to the gentiles (the non-Jews)?

3. Read questions 182 and 187–188 in *The Apostolate's Family Catechism*. Why is the joy of the blessed in Heaven not yet totally fulfilled?

4. Read questions 193–194 in *The Apostolate's Family Catechism*. Who gives the sacraments the power to make us holy? What is the priest's role in the sacraments?

Resolution: I will pray for those who have died and
will offer up sacrifices for them.



First Joyful Mystery: Annunciation

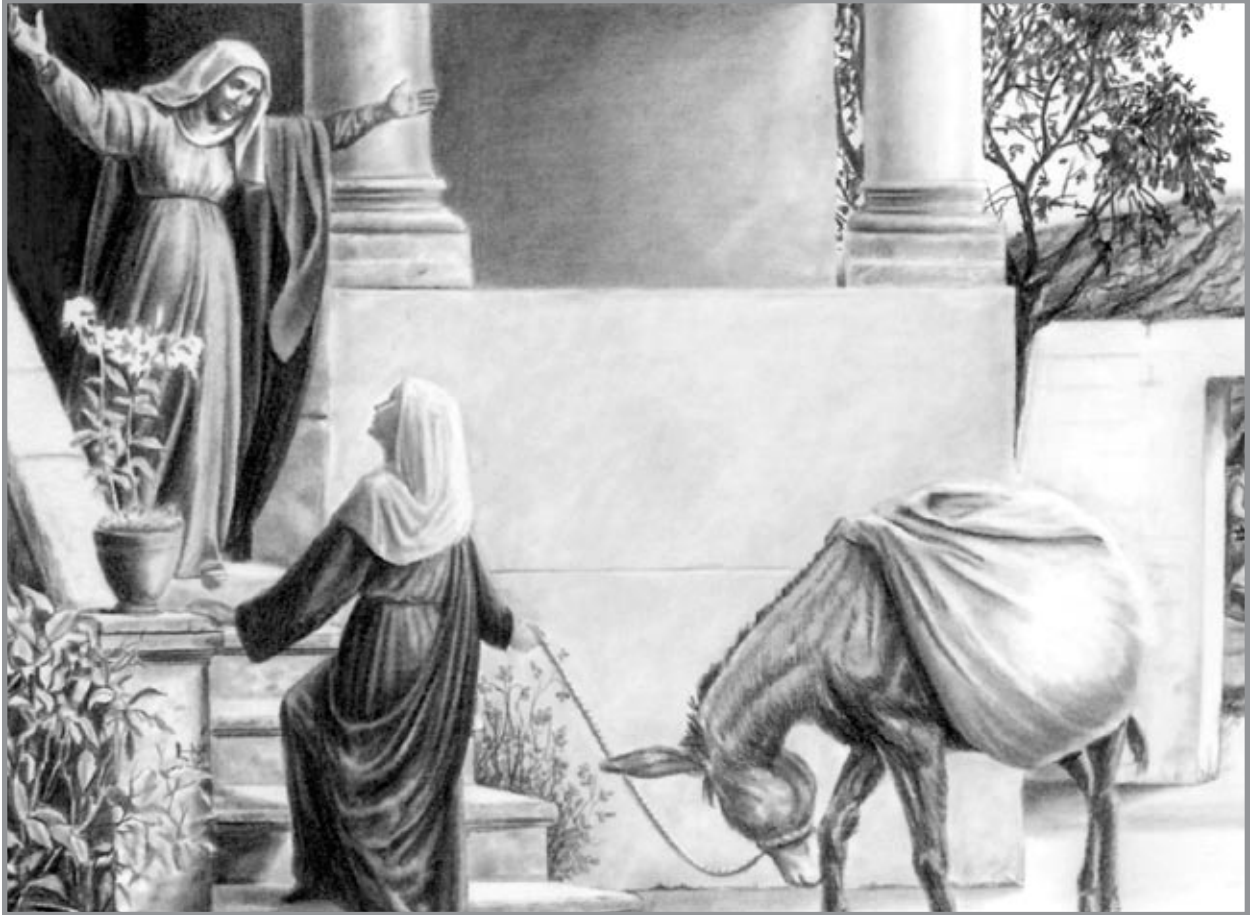
Session Twenty-one

THE POWER OF SACRAMENTALS: THE MIRACULOUS MEDAL

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 195–197 in *The Apostolate's Family Catechism*. The Bible records Christ's institution of four of the sacraments. Which ones are they?

3. Read questions 203–204 in *The Apostolate's Family Catechism*. What is chrism?

Resolution: I will dress appropriately for Holy Mass.



Second Joyful Mystery: The Visitation

Session Twenty-two

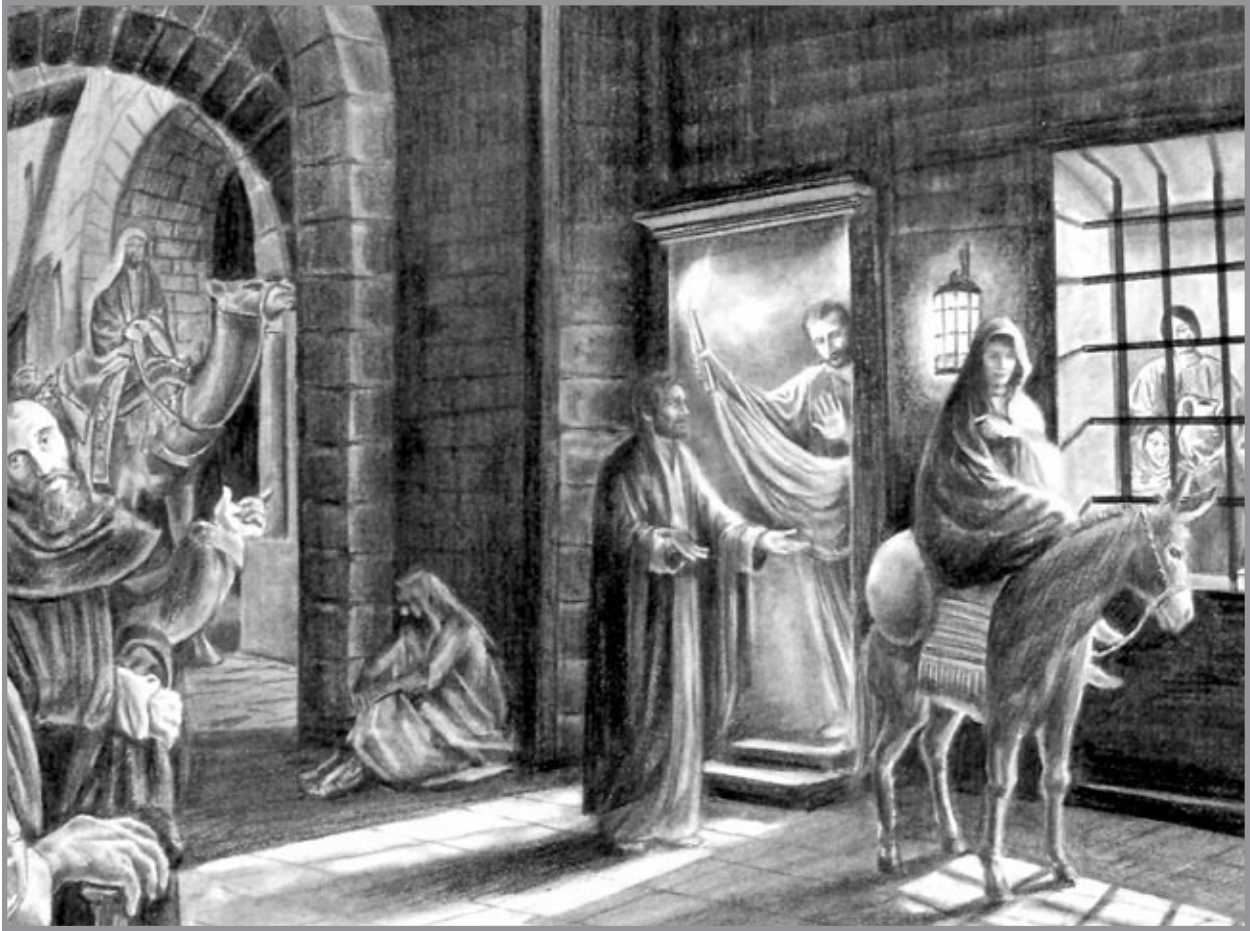
THE POPE AND INDULGENCES
(EXAMINATION)

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 205–206 in *The Apostolate's Family Catechism*. What does “absolution” mean? Why do we do a penance after receiving the sacrament of Confession?

3. Read questions 208–210 in *The Apostolate's Family Catechism*. How does the sacrament of Penance dispose us to receiving the graces of Holy Communion?

4. Think of a time when you felt deeply ashamed of and sorry for one of your sins. Then imagine Jesus in the Garden of Gethsemane, as He took on Himself the shame and the guilt of all the sins of mankind, including all of the murders and other terrible crimes of the past, present, and future. Now write a simple prayer to Jesus, thanking Him for bearing the guilt of your sins and the sins of the whole world.

Resolution: If anyone has hurt me, I will forgive him.



Third Joyful Mystery: The Birth of Our Lord

Session Twenty-three
A VOCATION IS GOD'S CALL

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 218–220 in *The Apostolate's Family Catechism*. What is a “charism” of the Holy Spirit?

3. Read questions 222–223 in *The Apostolate's Family Catechism*. What do you think the word “anoint” means?

4. Read questions 226–228 in *The Apostolate's Family Catechism*. Who is the “third Partner” in every sacramental Marriage?

5. Prayerfully ask yourself the following questions: “Am I willing to accept whatever vocation God has chosen for me?” What can I do to discover my God-given vocation? Write your answer to the second question.

Resolution: I will pray often for the grace to know and
accept my God-given vocation.



Fourth Joyful Mystery: The Presentation in the Temple

Session Twenty-four

JUDITH: MODEL OF FIDELITY

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 231–232 in *The Apostolate's Family Catechism*. Did God tell Adam and Eve to have children before or after the Fall? Why is that an important fact to remember?

3. Read questions 233–235 in *The Apostolate's Family Catechism*. What should parents consider when planning the size of their family?

4. Prayerfully ask yourself the following questions: “Do I pray for my parents every day? What can I do to help my parents carry out the responsibilities that God has given them through the sacrament of Marriage?” Write your answer to the second question.

Resolution: I will pray for my parents and will obey them.



Fifth Joyful Mystery: The Finding of Our Lord in the Temple

Session Twenty-five

**THE SACRIFICE OF THE MASS
IS THE SACRIFICE OF JESUS ON THE CROSS**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 236–238 in *The Apostolate's Family Catechism*. During which great Jewish feast did Jesus celebrate the Holy Eucharist for the first time?

3. Read questions 239–241 in *The Apostolate's Family Catechism*. How is going to Holy Mass like getting into a time machine?

4. Prayerfully ask yourself the following questions: “Do my thoughts and actions during Holy Mass show that I am truly present at the sacrifice of Jesus on the Cross? What can I do to improve my participation in the Holy Sacrifice of the Mass?” Write your answer to the second question.

Resolution: I will participate in Holy Mass with my full attention.



First Luminous Mystery: The Baptism of Our Lord

Session Twenty-six

WE RECEIVE JESUS HIMSELF IN THE HOLY EUCHARIST

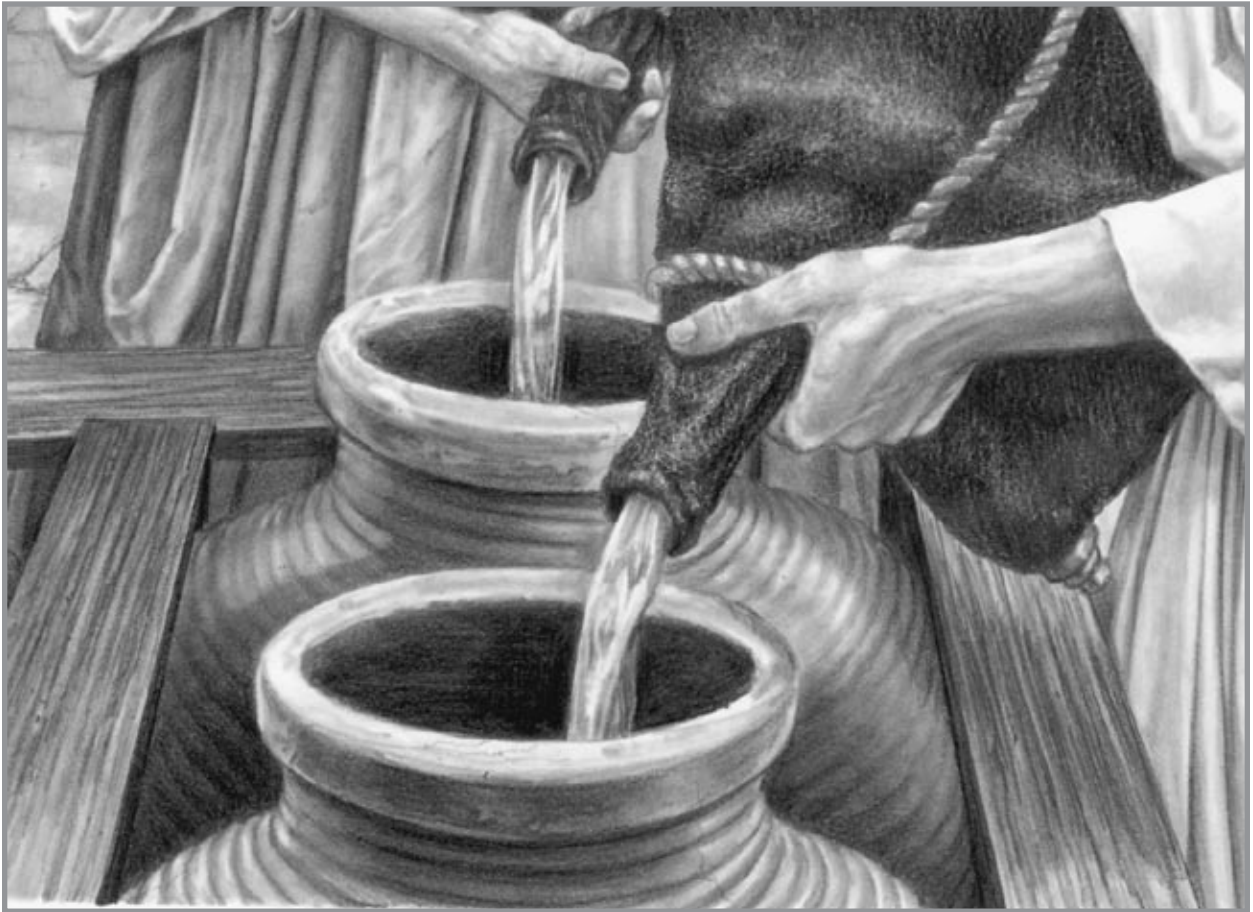
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 247–249 in *The Apostolate's Family Catechism*. What do we mean when we say that Jesus is “immolated” in the Sacrifice of the Mass?

3. Read questions 253–254 in *The Apostolate's Family Catechism*. Name three things that Holy Communion does for our souls.

4. Think of Jesus in the Blessed Sacrament reserved in the tabernacle. Write a brief prayer of reparation and thanksgiving to the Blessed Sacrament.

Resolution: I will try to visit Jesus in the Blessed Sacrament
at least once during the week.



Second Luminous Mystery: The Miracle at the Wedding of Cana

Session Twenty-seven
RECOGNIZING JESUS

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.

2. Read questions 255–257 in *The Apostolate's Family Catechism*. What is the bond of love that unites all Christians as members of one spiritual body, the Church?

3. Read questions 259–261 in *The Apostolate's Family Catechism*. What is Benediction?

4. Prayerfully ask yourself the following questions: “If a stranger entered my parish church and witnessed my conduct in front of the Blessed Sacrament, would he know that I believe that the Blessed Sacrament is God? What can I do to better express my love for Jesus in the Blessed Sacrament?” Write your answer to the second question.

Resolution: I will try to make a spiritual communion
at least once a day.



Third Luminous Mystery: The Proclamation of the Kingdom and Call to Conversion

Session Twenty-eight

THE IMPORTANCE OF MENTAL PRAYER

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 262–263 in *The Apostolate's Family Catechism*. Who is our chief teacher in the ways of prayer?

3. Read questions 265–266 in *The Apostolate's Family Catechism*. One of your neighbors tells you, “I tried praying to God a few times, but He didn’t answer; so I stopped.” What could you say to your neighbor to encourage him to keep praying?

4. Read questions 267–268 in *The Apostolate's Family Catechism*. How will we reach eternal happiness?

Resolution: I will invite someone to pray with me or
to visit Jesus in the tabernacle.



Fourth Luminous Mystery: The Transfiguration

Session Twenty-nine

RIGHT CONSCIENCE

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 272 and 274 in *The Apostolate's Family Catechism*. A doctor who calls himself "a Catholic physician" is interviewed on television. He says, "A person has a right to ask his doctor for help in taking his own life. I have thought and prayed about this matter. My conscience is clear." How would you respond to his statement?

3. Read questions 278–280 in *The Apostolate's Family Catechism*. What is the consecrated life?

Resolution: I will try to pray before I make a decision.



Fifth Luminous Mystery: The Institution of the Eucharist

Session Thirty

**THE IMPORTANCE OF THE PAPACY:
THE STORY OF THE ARIAN HERESY**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read question 281 in *The Apostolate's Family Catechism*. Look up the Beatitudes in Appendix A of *The Apostolate's Family Catechism*. For each of the following sentences, write the Beatitude illustrated by the example.
 - A. Tom and Paul were both members of a swim team. When Tom joined the team, Paul made fun of him; Tom ignored the insult. Later, when Paul needed help cleaning the locker room and nobody else would help him, Tom volunteered to give him a hand. _____
 - B. Emily goes to a local abortion clinic once a week to pray for the unborn babies, for their parents, and for the people who work at the clinic. Often, people from the clinic threaten her and call her obscene names, but Emily continues to go anyway. _____
 - C. After reading about conditions in Haiti, Raphael decides to donate half of the money he raises by doing yard work to Food for the Poor, an organization which helps the Haitian poor. _____
 - D. For several years, Monica found prayer and Holy Mass boring and spent most of her prayer time daydreaming about her wardrobe. After attending a silent, three-day retreat, however, Monica decided to give her extra clothes away and to make Jesus number one in her life. As a result, she began to love prayer and daily Mass. _____
3. Read questions 285–286 in *The Apostolate's Family Catechism*. Why is it not enough for Christians to be kind towards others in their actions alone?

Resolution: I will pray for the Pope and the bishops every day.



Fourth Glorious Mystery: The Assumption of Our Blessed Mother

Session Thirty-one

THE PARTICULAR JUDGMENT

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 291–292 in *The Apostolate's Family Catechism*. Why is it so important for us to keep the thought of death before our minds?

3. Read questions 298–299 in *The Apostolate's Family Catechism*. Suppose someone were to ask you, “How can a loving God send people to hell for all eternity?” What would you answer?

Resolution: I will pray for the souls of the dying,
especially for those who are most in need of God's mercy.



Fifth Glorious Mystery: The Coronation of Our Blessed Mother

Session Thirty-two

**THE IMPORTANCE OF OUR LADY: THE MIRACLE OF GUADALUPE
(REVIEW FOR FINAL EXAMINATION)**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your quiet times.
2. Read questions 302–304 in *The Apostolate's Family Catechism*. According to the Catechism, Mary “not only consented but also willed, with a full understanding of the mission, that which was being confided to her.” Think of the last time when some event in your life did not work out the way you wanted it to (for example, you lost a prized possession; an activity to which you were looking forward was canceled). Were you able to accept and to will God’s Will? What can you do to make it easier for you to will God’s Will the next time that things seem to “go wrong”? Write your answer to the last question.

Resolution: When things go wrong, I will try to stay calm
and do what God wants me to do.

APPENDIX A: BASIC PRAYERS AND TEACHINGS

The following excerpts are taken from the “Family Consecration Prayer and Meditation Book”. The prayer numbers correspond to the numbers in the prayer book.

2b. 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 valley 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.

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

2c. The Angelus

V. The angel of the Lord declared unto Mary,

R. And she conceived by the Holy Spirit.
Hail Mary...

V. Behold the Handmaid of the Lord,

R. Be it done unto me according to thy word.

Hail Mary...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary...

V. Pray for us, O holy Mother of God,

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

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

2c.1. Regina Caeli

Prayed during the Easter Season in place of the Angelus

Queen of heaven, rejoice! Alleluia.
For he whom you merited to bear. Alleluia.

Has risen, as he said. Alleluia.

Pray for us to God. Alleluia.

V. Rejoice and be glad, O Virgin Mary.
Alleluia.

R. Because the Lord is truly risen.
Alleluia.

Let us pray: O God, who by the resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world: grant, we beg you, that through the intercession of the Virgin Mary, his Mother, we may lay hold of the joys of eternal life. Through the same Christ our Lord. Amen.

2g. St. Michael the Archangel

St. Michael the Archangel, defend us in battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do you, O prince of the heavenly host, by the power of God, cast into hell, Satan and all the other evil spirits who prowl through the world seeking the ruin of souls. Amen.

2h. Guardian Angel

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

6. How to pray the Rosary

Pray the Apostles' Creed (#6a) on the Crucifix. Then offer one Our Father (#6b) on the large bead, and three Hail Marys (#6c) on each of the three small beads for the Holy Father, the Pope. After the three Hail Marys, pray the Glory Be (#7a), the Fatima Rosary Prayer (#7b), and the Consecration Prayer (#7c).

Announce the Mystery for the decade (see #7d) and meditate on it while praying. Pray one Our Father on the large bead. Pray the Hail Mary on each of the ten small beads. On the next large bead, pray the Glory Be,

the Rosary Prayer, and the Consecration Prayer. Then, on the same large bead, announce the next Mystery and begin again with the Our Father. Continue until you have prayed all five decades.

6a. Apostles' Creed

I believe in God, the Father almighty, Creator of Heaven and earth, and in Jesus Christ, His only Son, Our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into Heaven and is seated at the right hand of God, the Father almighty; from there He will 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.

6b. 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.

6c. 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.

7a. 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.

7b. Fatima Rosary Prayer

O My Jesus, forgive us our sins; save us from the fires of hell; lead all souls to Heaven, especially those who are in most need of Your mercy.

7c. Daily Offering and Consecration Prayer

All for the Sacred and Eucharistic Heart of Jesus, all through the Sorrowful and Immaculate Heart of Mary, all in union with Saint Joseph. This will be my motto in life, in death, and in eternity.

7d. Mysteries of the Rosary

The Joyful Mysteries

1. *The Annunciation of the Archangel Gabriel to the Virgin Mary.* We ask for the gifts of the Holy Spirit and an increase in the virtue of humility.
2. *The Visitation of the Virgin Mary to Elizabeth, the Mother of St. John the Baptist.* We ask for the gifts of the Holy Spirit and an increase in the virtue of generosity.
3. *The Birth of Our Lord at Bethlehem.* We ask for the gifts of the Holy Spirit and an increase in the virtue of detachment from the things of this world.
4. *The Presentation of Our Lord in the Temple.* We ask for the gifts of the Holy Spirit and an increase in the virtue of obedience.
5. *The Finding of Our Lord in the Temple.* We ask for the gifts of the Holy Spirit and an increase in the virtue of fear of the Lord, fear of ever losing God because of our sins.

The Luminous Mysteries

1. *The Baptism of Jesus in the Jordan.* We ask Jesus for the grace to keep our Baptismal commitments, to reject Satan and sin, and to live as God's sons and daughters..
2. *The Miracle at the Wedding of Cana.* We ask Jesus to give spouses the grace to live their marriage vows and for all

His children to trust in the Blessed Virgin Mary's intercession..

3. *Our Lord's Proclamation of the Kingdom of God and His Call to Conversion.* We ask Jesus to help us to be faithful to His truth, to proclaim it to others, and to appeal frequently to His mercy in the Sacrament of Reconciliation.
4. *The Transfiguration of Our Lord.* We pray for the grace to trust in the future glory promised by Jesus, so that we will not falter in taking up our crosses daily in imitation of Him..
5. *Our Lord's Institution of the Holy Eucharist.* We pray for the clergy and for all to grow in union with Jesus through the Mass, receiving Him in Holy Communion, and adoring Him in the Blessed Sacrament.

The Sorrowful Mysteries

1. *The Agony of Our Lord in the Garden of Gethsemane.* We ask for the gifts of the Holy Spirit and the grace of abandonment to the will of the Father.
2. *The Scourging of Our Lord at the Pillar.* We ask for the gifts of the Holy Spirit and an increase in the virtue of purity to spread throughout the world.
3. *The Crowning of Our Lord with Thorns.* We ask for the gifts of the Holy Spirit and an increase in the virtue of moral courage, by not striking back at those who hurt us.
4. *The Carrying of the Cross by Our Lord to Calvary.* We ask for the gifts of the Holy Spirit and an increase in the virtue of constancy.
5. *The Crucifixion and Death of Our Lord.* We ask for the gifts of the Holy Spirit and the grace to die to our own selfishness so that we can be one spirit with Christ.

The Glorious Mysteries

1. *The Resurrection of Our Lord from the Dead.* We ask for the gifts of the Holy Spirit and an increase in the virtue of faith.

2. *The Ascension of Our Lord into Heaven.* We ask for the gifts of the Holy Spirit and an increase in the virtue of hope.
3. *The Descent of the Holy Spirit upon Mary and the Apostles.* We ask for the gifts of the Holy Spirit and an increase in the virtue of charity.
4. *The Assumption of Our Blessed Mother into Heaven.* We ask for the gifts of the Holy Spirit and the grace of a happy death for all the members of our family and The Apostolate.
5. *The Coronation of Our Blessed Lady as Queen of Heaven and Earth.* We ask for the gifts of the Holy Spirit and an increase in true devotion to Mary to spread throughout the world.

8. St. Joseph Prayer after the Rosary

Glorious St. Joseph, spouse of the Immaculate Virgin, obtain for me and all the members of my family and loved ones, a confident, sinless, generous, and patient heart, and perfect resignation to the Divine Will.

Be our guide, father, and model throughout life, that we may merit a death like yours, in the arms of Jesus and Mary.

Help us, St. Joseph, in our earthly strife, to fulfill our responsibilities and ever to lead a pure and blameless life.

Heavenly Father, please ask the Holy Spirit, Who resides in the innermost recesses of my soul, to help me to call to mind all of my sins and faults. Help me to detach myself from these faults and sins so that I can be a useful instrument in the hands of the Most Holy Family, to achieve Your distinctive plan for my life.

(Pause for a few moments to think of your sins, faults, and omissions. Then pray the Act of Contrition.)

9. Act of Contrition

O My God, I am heartily sorry for having offended Thee, and I detest all of my sins, because I dread the loss of Heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all-

good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

11a. Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

11b. Mother Teresa's Nazareth Prayer for the Family

Heavenly Father, You have given us a model of life in the Holy Family of Nazareth. Help us, O loving Father, to make our family another Nazareth where love, peace, and joy reign.

May it be deeply contemplative, intensely Eucharistic, and vibrant with joy. Help us to stay together in joy and sorrow through family prayer. Teach us to see Jesus in the members of our family, especially in their distressing disguise.

May the Eucharistic Heart of Jesus make our hearts meek and humble like His and help us to carry out our family duties in a holy way.

May we love one another as God loves each one of us more and more each day, and forgive each others' faults as You forgive our sins.

Help us, O loving Father, to take whatever You give and to give whatever You take with a big smile.

Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us. Holy Guardian Angels, be always with us, guide and protect us. Amen.

14. Act of Consecration to St. Joseph

St. Joseph, I consecrate myself, my entire family and all of my loved ones to you, that you may ever be our father, our patron, and our guide in the way of salvation. Obtain for us purity of heart and a fervent devotion to the spiritual life. Grant that, following your example, we may direct all our actions to the greater glory of God, in union with the Sacred Heart of Jesus, the Immaculate Heart of Mary, and in union with you.

Finally, St. Joseph, pray for my family, my loved ones, and the members of the Apostolate, that we may be partakers in the peace and joy which were yours throughout your life and at the hour of your death. Amen.

21. Holy Trinity Prayer in the Spirit of Fatima

Most Holy Trinity, Father, Son, and Holy Spirit, I adore You profoundly. I offer you the most precious Body, Blood, Soul, and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifferences by which he is offended. By the infinite merits of His Most Sacred Heart and through the Immaculate Heart of Mary, in union with St. Joseph, I beg the conversion of poor sinners. Amen.

23. Consecration to the Sacred Heart of Jesus

Most Sweet Jesus, humbly at your feet, we renew the consecration of our family to Your Divine Heart. Be our King forever! In you we have full and entire confidence. May Your spirit penetrate our thoughts, our desires, our words, and our works. Bless our undertakings, share in our joys, in our trials, and in our labors. Grant us to know You better, to love You more, to serve You without faltering.

By the Immaculate Heart of Mary, Queen of Peace, set up Your Kingdom in our country. Enter closely into the midst of our families and make them Your own through the solemn enthronement of Your

Sacred Heart, so that soon one cry may resound from home to home: May the triumphant Heart of Jesus be everywhere loved, blessed, and glorified forever! Honor and glory be to the Sacred Heart of Jesus and Mary in union with St. Joseph! Sacred Heart of Jesus, protect our families.

29b. Act of Faith & Intercession

My Jesus, I believe, I adore, I trust, and I love You. I ask pardon for those who do not believe, do not adore, do not trust, and do not love You. (Fatima Prayer)

31a. Immaculate Conception Prayer for All

O Immaculate Conception, Mary, my Mother, live in me, act in me, speak in and through me. Think your thoughts in my mind, love through my heart. Give me your own dispositions and feelings. Teach, lead, and guide me to Jesus. Correct, enlighten, and expand my thoughts and behavior. Possess my soul; take over my entire personality and life. Replace me with yourself. Incline me to constant adoration and thanksgiving. Pray in and through me. Let me live in you and keep me in this union always. Amen.

45a. Summary of Norms for Gaining Indulgences for the Holy Souls in Purgatory or Oneself (Issued by Pope Paul VI on January 1, 1967)

A **plenary indulgence** is a complete release from the temporal punishment due for sins already forgiven (as far as their guilt is concerned). Only one plenary indulgence may be obtained a day.

Conditions for a plenary indulgence:

- A. One must be baptized and in the state of grace.
- B. One must receive Holy Communion each time a plenary indulgence is sought.
- C. One must go to Confession several days preceding or following the indulgenced action. A single sacramental

Confession suffices for gaining several plenary indulgences.

- D. One must have a disposition of mind and heart which totally excludes all attachment to sin, even venial sin, otherwise one can only gain a partial indulgence.
- E. One must pray for the intentions of the Holy Father, the Pope, preferably one “Our Father” and one “Hail Mary,” however, any other pious prayer may be substituted.
- F. One must have at least a general intention to gain a plenary indulgence.
- G. One must perform the indulgenced work (see below).

A plenary indulgence may be obtained every day by completing one of the following works, provided the conditions mentioned above have been fulfilled:

- At least a half hour of adoration of the Blessed Sacrament;
- or the private recitation of the Rosary before the Blessed Sacrament or with others in your family, religious community, or pious association;
- or at least a half hour of pious reading of Sacred Scripture;
- or walking the Stations of the Cross in a church or with a properly erected display of the Stations.

A **partial indulgence** removes part of the temporal punishment due for sins already forgiven. Several partial indulgences may be obtained each day.

Conditions for a partial indulgence:

- A. One must be baptized and in the state of grace.
- B. One must be inwardly contrite [have at least a striving intention to cut oneself off from all attachment to sin].
- C. One must have a general intention to gain an indulgence.
- D. One must fulfill the action prescribed in one of the following three general grants of indulgences:

- Raise one's mind in humble prayer to God while fulfilling one's responsibilities and enduring the trials of life.
- Give of one's time or goods as a charitable act to assist people who are in need of spiritual comfort or instruction or who are in need of material assistance (donation of time and resources to the work of the Church are, therefore, indulgenced).
- Voluntarily deprive oneself of what is lawful and pleasing, such as giving up dessert or a favorite TV program.

46. Veni Creator

Come, O Creator Spirit blest,
And in our souls take up Thy rest;
Come with Thy grace and heavenly aid
To fill the hearts which Thou hast made.

Great Paraclete, to Thee we cry,
O highest gift of God most high!
O font of life! O fire of love!
And sweet anointing from above.

Thou in Thy sevenfold gifts art known,
The finger of God's hand we own;
The promise of the Father, Thou!
Who dost the tongue with power endow.

Kindle our senses from above,
And make our hearts o'erflow with love;
With patience firm and virtue high
The weakness of our flesh supply.

Far from us drive the foe we dread,
And grant us Thy true peace instead;
So shall we not, with Thee for guide,
Turn from the path of life aside.

O may Thy grace on us bestow
The Father and the Son to know,
And Thee through endless times confessed
Of both the eternal Spirit blest.

All glory while the ages run
Be to the Father and the Son,
Who rose from death; the same to Thee,
O Holy Ghost, eternally. Amen.

46a. Come Holy Spirit

V. Come, Holy Spirit, fill the hearts of
Your faithful and kindle in them the fire of
Your divine love.

R. Send forth Your Spirit and they
shall be created: And You will renew the
face of the earth.

Let us pray: O God, Who by the light of
the Holy Spirit instructs the hearts of the
faithful, grant we beseech You to be truly
wise and ever rejoice in His presence,
through Jesus Christ Our Lord. Amen.

46b. Prayer to the Holy Spirit

Come, Holy Spirit, Who resides in the
innermost recesses of my soul, and give
me the light of Your wisdom through the
fire of Your Divine love.

50b. Act of Consecration to Jesus through Mary *(by St. Maximilian Kolbe)*

O Immaculata, Queen of Heaven and
earth, refuge of sinners and our most lov-
ing Mother, God has willed to entrust the
entire order of mercy to you.

I, N., a repentant sinner, cast myself at
your feet humbly imploring you to take
me with all that I am and have, wholly to
yourself as your possession and property.
Please make of me, of all my powers of soul
and body, of my whole life, death, and eter-
nity, whatever most pleases you.

If it pleases you, use all that I am and have
without reserve, wholly to accomplish
what was said of you: "She will crush your
head," and, "You alone have destroyed all
heresies in the whole world."

Let me be a fit instrument in your immac-
ulate and merciful hands for introducing
and increasing your glory to the maximum
in all the many strayed and indifferent
souls, and thus help extend as far as pos-
sible the blessed kingdom of the most Sa-
cred Heart of Jesus.

For wherever you enter you obtain the
grace of conversion and growth in holi-
ness, since it is through your hands that

all graces come to us from the most Sacred Heart of Jesus. Amen.

50h. Act of Faith

O my God, I firmly believe that You are one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that Your 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 You have revealed them, who can neither deceive nor be deceived.

50i. Act of Hope

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

50j. Act of Charity

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

53c. The Spiritual Works of Mercy

The spiritual works of mercy are a form of Christian charity in favor of the soul or spirit of one's neighbor. Let's check ourselves to see how we have been following these norms through our work in The Apostolate:

1. Converting the sinner (clothing the spiritually naked with grace)
2. Instructing the ignorant (feeding the spiritually hungry and thirsty)
3. Counseling the doubtful
4. Comforting the sorrowful
5. Bearing wrongs patiently
6. Forgiving injury
7. Praying for the living and the dead

53d. The Corporal Works of Mercy

Christ taught us the corporal works of mercy, which will be His standards for salvation at the Last Judgment. (cf. Mt. 25:34-46 and the *Catechism of the Catholic Church*, section 2447)

1. Feeding the hungry
2. Giving drink to the thirsty
3. Clothing the naked
4. Giving shelter to the homeless
5. Visiting the sick
6. Visiting those in prison
7. Burying the dead

53g. The Eight Beatitudes

Catechism of the Catholic Church, section 1716
(cf. Mt. 5:3-12 and Lk. 6:20-23)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called sons of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

APPENDIX B: TEN STEPS TO MENTAL PRAYER

1. Make the Sign of the Cross with love.
2. Close your eyes—this is very important—and ask the Holy Spirit and Our Lady to help you to forget all of your worries so that you can think of Jesus.
3. Imagine your favorite picture of Jesus. Picture it in your mind. Tell Jesus you love Him. If you are distracted, repeat His Name until the distractions go away.
4. When you are calm, thank Jesus for His blessings. Be specific (my parents, my family, my health, etc.).
5. Ask His forgiveness for the ways you have disappointed Him since you last prayed. Be specific (I lied to my mother; I made fun of my brother; etc.).
6. If you have a question or you need help with something, tell Him now. Expect Him to give you an answer. When you have told Jesus what is on your mind and in your heart, be still.
7. Be quiet with Jesus. Keep your favorite picture of Him in your mind. Do not talk to Him anymore. Just be with Him, love Him, and listen to Him. If you begin to have thoughts about something that you asked Him about, write them down or at least pay close attention to them.
8. If Jesus puts a thought in your mind to do something good, do it! (For example, if you told Jesus you were sorry about making fun of your brother, in your quiet prayer time Jesus may give you the idea of making or doing something special for your brother.) If Jesus gives you such a direction, a good thought, follow His direction! The more we follow God's direction in little things, the more He will be able to show His love for us and through us, and the more we will learn to trust Him in return. If we are not sure that an inspiration is from God, we should ask our parents, teachers, or pastors to help us to decide. God will always bless us for being obedient to the people He has placed over us—as long as they do not ask us to commit a sin.
9. Thank Jesus for being with you. Ask Him to bless you as you go about your day.
10. Expect God to speak to you during the day—through other people, through nature, through your thoughts, through all of your experiences. Remember that there is no such thing as a coincidence for the person of faith. God is everywhere, and He is always speaking to us if we would only listen and learn to recognize the many ways He uses to communicate with us.

[Note: If while you are listening to God, you find it impossible to concentrate, do what so many saints have done over the centuries: take the Bible, open it to any part of the Gospel, and read what it says. Keep reading until something strikes you or catches your attention. Then stop and think about that part. God will often speak directly to you through that passage.]

APPENDIX C: FIVE STEPS TO LECTIO DIVINA

1. Pick a passage of Scripture.
2. Read it twice, very slowly.
3. If you come to a verse that holds your attention, let your mind dwell on that verse. If your mind starts to wander, continue reading.
4. When you have finished reading the passage twice, close your eyes and imagine that Jesus is sitting beside you. Ask Him the following questions:
 - “Lord, what does this Gospel passage mean?”
 - “Lord, what are You trying to teach me through this Gospel passage?”
 - “Lord, how does this Gospel passage apply to my life?”
5. Write down—or at least pay careful attention to—whatever comes to mind in answer to your questions.

APPENDIX D: EXAMINATION OF CONSCIENCE

Steps to a Good Confession

(P-A-C-E-S= Paces towards Heaven)

1. Examine your conscience. (*Exam*)
2. Be sorry for your sins. (*Sorrow*)
3. Make up your mind not to sin again. (*Amend*)
4. Confess all of your sins to a priest. (*Confess*)
5. Listen to his advice and do the penance he gives you. (*Penance*)

1) You shall not have other gods before Me.

- Have I been slow or reluctant to perform my duties toward God?
- Have I neglected to pray?
- As a Christian, have I neglected to offer myself each day in prayer to the service of the Father, through Jesus, in union with the Holy Spirit?
- Have I neglected to seek the frequent help of Our Lady, St. Joseph, and the other saints in order that I may love God more completely?
- Have I prepared myself properly for Holy Communion?
- Have I received Holy Communion in the state of mortal sin?
- Have I neglected to confess a mortal sin in a previous confession to a priest, when I was aware of having committed one?
- Have I practiced superstition?
- Have I been engaged in occult practices such as consulting horoscopes, tarot cards, or ouija boards?
- Have I participated in seances, or satanic or demonic services and/or prayers?
- Have I refused to accept any teaching of the Church?

- Have I put my soul in danger by reading, viewing, or listening to material that attacks the teachings of the Catholic Church in matters of faith or morals?
- Do I belong to any anti-Catholic organizations?
- Have I attended the meetings or gatherings of any anti-Catholic organizations?
- Have I worshiped at any non-Catholic services which the Catholic Church does not approve?
- Have I profaned (desecrated) or spoken sinfully against a sacred person, place, or thing?

2) You shall not take the Name of the Lord your God in vain.

- Have I tried hard to keep the promises and resolutions which I have made to God?
- Have I taken the Holy Name of God in vain or spoken His Name in anger?
- Have I jokingly or irreverently spoken about God?
- Have I been a baptismal or confirmation sponsor in a non-Catholic ceremony?
- Have I broken any promise(s) in which I invoked God's Name (oaths)?

3) Remember to keep holy the Lord's day.

- Have I failed to attend Mass on Sundays or holy days of obligation without just cause (for example, serious illness or impassible roads or pathways)?
- Have I arrived at Mass on Sundays or holy days of obligation after the Liturgy of the Word, or left Mass early, without just cause?
- Have I deliberately failed to pay attention at Mass?

- Have I worn improper attire to Mass, or have I otherwise distracted others from paying attention at Mass?
- Am I generous in helping the Church, contributing some of my allowance or savings at collection time to help the Church in her necessities as much as I can?
- Do I fast and practice abstinence on the days or at the times which are appointed by the Church?
- Have I fulfilled my yearly Easter duty of receiving Holy Communion (and going to Confession, if necessary)?
- Have I performed (or required others to perform) unnecessary servile labor on Sundays (not including acts of mercy such or labor as a public servant, hospital worker, caring for farm animals, etc.)?

4) Honor your father and your mother.

- Have I disobeyed my parents, or have I been disrespectful to them in other ways?
- Have I failed to express my love for my parents?
- Have I failed to help my parents when they were unable to meet their basic needs?
- Do I nurse angry feelings or show resentment when I am corrected by my parents?
- Am I content with the blessings I have received from God in my parents and family, or do I nurture a selfish or an unwholesome desire to leave my parents' home when I am too young to do so?
- Am I a financial burden to my parents when I can take care of my own financial needs?
- Do I faithfully perform—without complaining—the household and outdoor chores my parents give me to do?
- Do I pray every day for the help I need to be a holy child and a holy brother or sister?

5) You shall not kill.

- Have I lost my temper or become unjustly angry at others?
- Have I murdered or otherwise unjustly injured (no matter how slight) anyone?
- Have I been a reckless driver?
- Have I tempted others to sin by my bad example, immodest dress, or sinful conversation?
- Have I encouraged others to read or watch sinful materials or programs or to otherwise do sinful things?
- Have I tried to make up for, or repair for, any scandal I may have given others?
- Have I tried to commit suicide?
- Have I failed to take proper care of my health?
- Have I mutilated myself or someone else?
- Have I been drunk or intoxicated on alcohol or other substances?
- Have I intentionally overindulged in food or drink (gluttony)?
- Have I participated in gang fights or other illegal gang activities?
- Have I picked fights with others?
- Do I fight and/or quarrel with my brothers and sisters?
- Have I been a bully?
- Have I consented to a sterilization or encouraged others to do so, or actively taken part in someone else's sterilization?
- Have I practiced contraception or encouraged others to do so?
- Have I recommended, consented to, advised, or actively taken part in an abortion? Am I aware of Church teaching that abortion is a mortal sin, and that she excommunicates those who actively take part (for example, doctor, nurse, and mother) in an abortion?

- Have I fulfilled my responsibility as a voting citizen to elect government officials, where possible, who uphold God's law, particularly with respect to the sanctity of human life from conception until natural death?
- Have I failed to pray for the end of abortion and for pro-life activities?
- Have I harmed anyone by my speech or actions?
- Have I desired to take revenge on anyone who offended me?
- Have I hated or nursed bad feelings (resentment) or refused pardon toward any person?
- Have I sought pardon of those whom I have offended?
- Have I maliciously teased or insulted others?

**6) You shall not commit adultery, and
(9) You shall not covet your neighbor's wife.**

- Have I entertained impure thoughts? Have I deliberately recalled impure thoughts?
- Have I been involved in acts which arouse lustful desires (such as necking, petting, passionate kissing, and prolonged embraces)?
- Have I had sexual relations with a member of the opposite sex, when neither of us was married (fornication)?
- Have I had sexual relations with a married person who is not my spouse (adultery)?
- Although I may never have fully carried them out, have I consented to impure desires?
- Have I engaged in impure conversations? Did I begin them?
- Have I sought to have a good time by engaging in entertainment which placed me in proximate (close) occasions of sin, such as sensual dances; sexually suggestive movies, plays, and reading material; evil company; houses of prostitution; and massage parlors?
- Am I aware of the fact that I might already be sinning by simply placing myself in a proximate occasion of sin? Such circumstances can include sharing of a room with a member of the opposite sex, being alone with a member of the opposite sex with whom I have continually sinned with, or deliberately taking such a person to a secluded place?
- Have I neglected to dress modestly or to otherwise safeguard purity?
- Have I failed to investigate the sinful potentials of watching a particular show or reading a particular book or magazine?
- Have I willfully looked at immodest pictures?
- Have I displayed immodest looks or glances at myself or others?
- Have I led others to commit the sins of immodesty or impurity? Specifically speaking, what were they?
- Have I committed impure acts with myself (masturbation)? Did I do so deliberately and freely, knowing that serious matter was involved? Did I know that masturbation freely and willfully performed is a mortal sin?
- Have I committed impure acts with someone else, either of the opposite sex or the same sex (homosexual acts)? How many times did I do so?
- Do I have evil or immoral friendships? Have I taken steps to break these friendships?
- Have I engaged in immodest conduct or conversation with someone I am seriously thinking of marrying?
- Have I failed to protect this person from sinning?

- Have I tended to use this person as an object for my pleasure, rather than a person created in God's image and likeness whom God has placed in my life to respect and reverence?
- Have I failed to pray daily for the gift of purity, seeking especially the help of the Blessed Virgin Mary?

7) You shall not steal, and (10) You shall not covet anything that belongs to your neighbor.

- Have I stolen anything? What was it worth?
- Have I returned the stolen item, or do I intend to return it?
- Have I damaged or been responsible for the damage of another person's property? What would be the cost of repairing or replacing it?
- Have I caused harm to anyone in business dealings by means of fraud, deception, or coercion?
- Have I been responsible with the money or other means of wealth which God has entrusted to me?
- Have I spent beyond my means?
- Have I deprived others of their needs by spending too little?
- Have I supported the Church and charitable organizations according to my means?
- Have I been envious of the wealth or material goods of another person?
- Have I honored my debts?
- Have I taken stolen property or refused to seek the owner of property that I have found?
- Have I seriously entertained temptations to steal?
- Have I been lazy with respect to my employment, household chores, work, or studies?

- Have I been greedy?
- Have I placed too high a value on material goods?
- Have I failed to help those whom I know are truly needy?
- Have I set my heart primarily on earthly pleasures and possessions, and not on the true treasures of Heaven?

8) You shall not lie.

- Have I lied?
- Have I sought to make up for the damage caused by my lies?
- Have I accused others of wrongdoing without sufficient evidence?
- Have I been guilty of detraction (that is, speaking about the faults of others without a good reason for doing so)?
- Have I been guilty of calumny (that is, to falsely accuse someone of sinful conduct)?
- Have I gossiped about another person?
- Have I too hastily judged someone of improper conduct?
- Have I been excessively critical, negative, and uncharitable in my speech?
- Have I failed to honor the confidences or secrets entrusted to me by another? Have I revealed them to someone else without permission or without due or serious cause?
- Have I failed to defend the good name or honor of others?