



CONSECRATION IN TRUTH®

Student Workbook High School 2

Theologically edited by Dr. Regis Martin, S.T.D.
Professor, Franciscan University of Steubenville



APOSTOLATE FOR FAMILY CONSECRATION®

Canonical Global Center — Archdiocese of New York
Founded in 1975

The Ad Hoc Committee to Oversee the Use of the Catechism, United States Conference of Catholic Bishops, has found the CONSECRATION IN TRUTH® catechetical series, copyright 2001, to be in conformity with the *Catechism of the Catholic Church*.

Nihil Obstat:

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Gilbert I. Sheldon
Bishop of Steubenville
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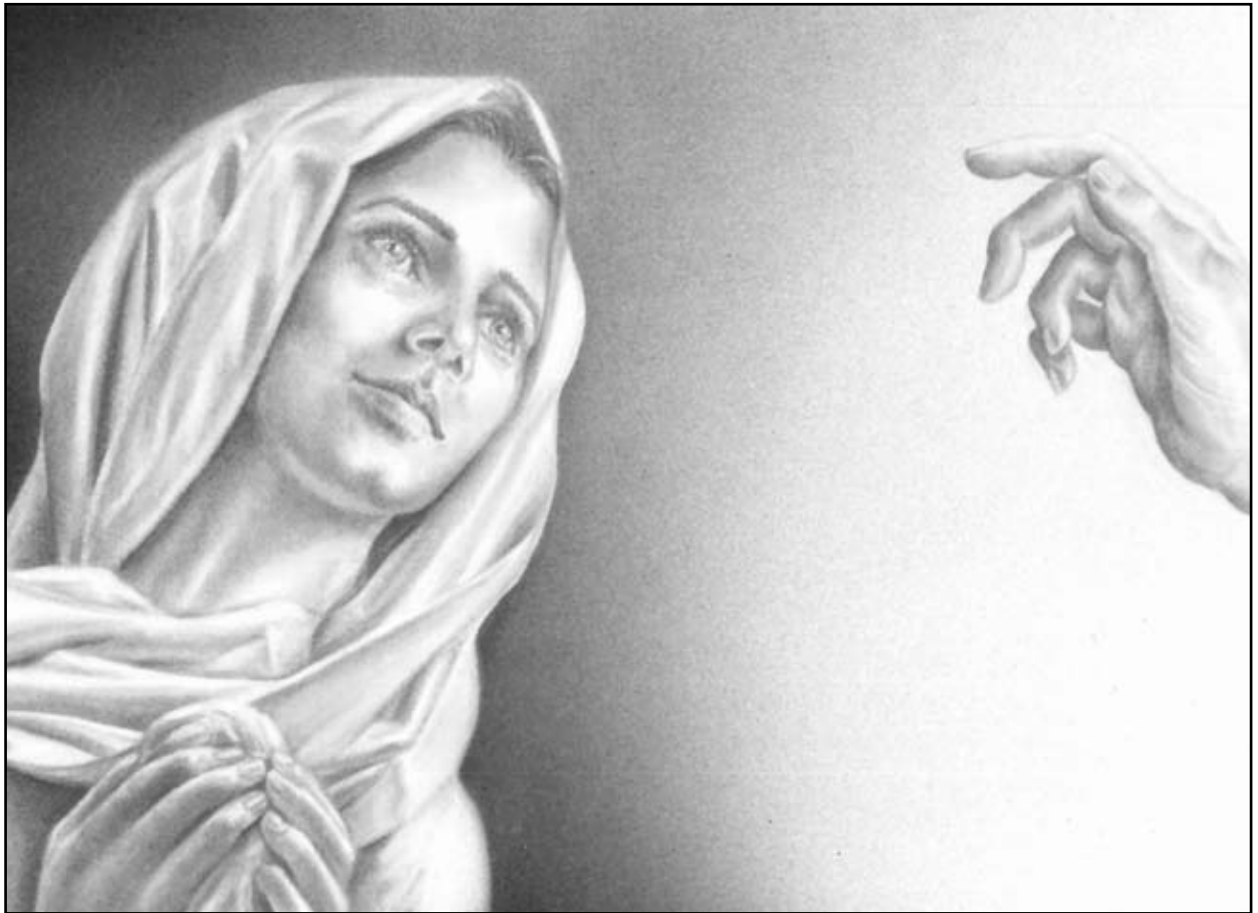
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Note to Parents and Students

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

THE INFINITE MAJESTY OF GOD

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 1–5 in *The Apostolate's Family Catechism*. The Second Law of Thermodynamics teaches that, in the universe, (A) all matter tends to move from order to disorder, and (B) the simple cannot produce the complex. How does the theory that a few chemicals “evolved” into eagles, flowers, and human beings agree with the Second Law of Thermodynamics?

3. Read questions 6–11 in *The Apostolate's Family Catechism*. Think for a moment of your favorite place. How can you be sure that Heaven will be much more beautiful and enjoyable?

Resolution: I will show respect for all of God's creatures.



Second Joyful Mystery: The Visitation

Session Two

THE HOLINESS OF GOD AND THE MERCY OF GOD

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

2. Read Deuteronomy 5. What does this Scripture reference show about the holiness of God?

3. Read *The Apostolate's Family Catechism*, questions 16–21. How do we worship and show our love for God?

4. What are some of the most important ways in which God has shown His personal love for you?

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



Third Joyful Mystery: The Birth of Our Lord

Session Three

THE THREE DIVINE PERSONS ARE EQUAL

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

2. Read questions 25–30 in *The Apostolate's Family Catechism*. When did Jesus reveal that the Holy Spirit was equal to the Father and to Himself, and that the Holy Spirit would reveal the fullness of the truth to the Church?

3. Read Genesis 1:26–31. What verse in this passage suggests that there is more than one divine Person in God?

4. How do you make the Sign of the Cross? Do you make it reverently, as a prayer to the Holy Trinity? Compose a brief prayer which you could say while you make the Sign of the Cross, to help you to do it with love.

Resolution: I will make the Sign of the Cross with
reverence and love.



Fourth Joyful Mystery: The Presentation in the Temple

Session Four

CREATION

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

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

3. Read questions 38–41 in *The Apostolate's Family Catechism*. In what ways are the angels God's gift to us?

4. Do you look for evidence of God's intelligence and power in created things? Do you thank God for the beauty of the world around you? Write a brief poem or prayer for God about some part of His creation.

Resolution: I will try to see God in all of the things
that He has made.



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

Session Five

GOD'S GIFTS FOR MANKIND

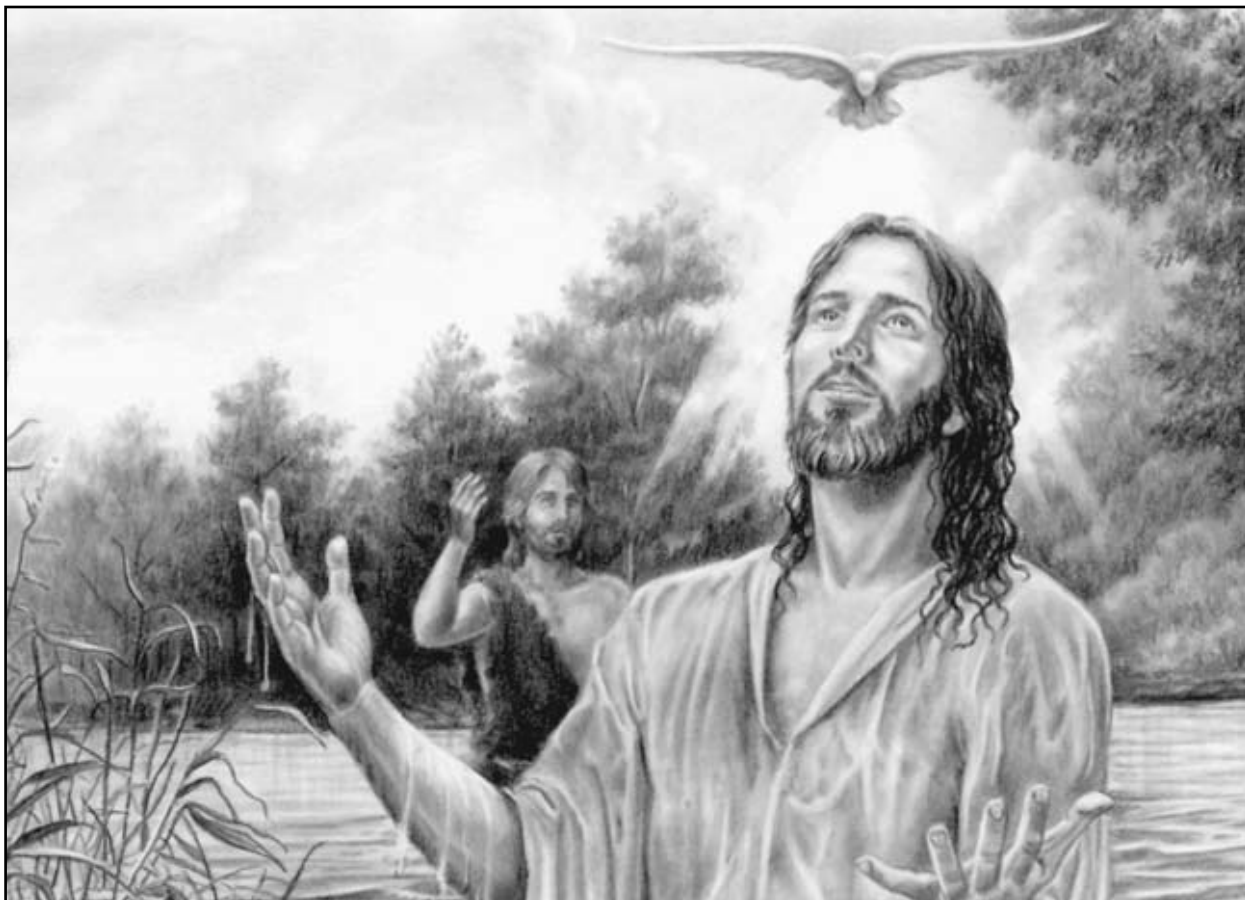
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 42–44 in *The Apostolate's Family Catechism*. What must we believe about our relationship to Adam and Eve?

3. Read Genesis 2. What evidence is there in the Bible that Eve learned from Adam—and not directly from God—about the tree of the knowledge of good and evil? Why might God have wanted Eve to learn about the tree from Adam?

4. Do you recognize God's Will in the orders, directions, and requests that you receive from your parents, teachers, and other lawful superiors? Reflect on this question during your prayer time.

Resolution: I will obey my parents and
teachers quickly and cheerfully.



First Luminous Mystery: The Baptism of Our Lord

Session Six

THE POWER OF ONE GOOD ACTION

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

2. Read questions 57–58 in *The Apostolate's Family Catechism*. According to the Family Catechism, why do people sin?

3. Read Genesis 18:16–33. How does this chapter show the importance of one person's prayers and good works?

4. Our Lady of Fatima said, "Many souls go to hell because there is no one to pray and sacrifice for them." Do you realize the power of your prayers and sacrifices for other people? Write a prayer for someone in your family.

Resolution: I will give up some food that I
like for the conversion of sinners.



Second Luminous Mystery: The Miracle at the Wedding of Cana

Session Seven

MORTAL SIN

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

2. Read questions 59–62 in *The Apostolate's Family Catechism*. What does mortal sin do to the soul of the sinner?

3. Read Genesis 6:5–22. In this Scripture reference, in what ways did man commit mortal sin?

4. Do you pay attention to your thoughts? Do you try to think only good thoughts and to get rid of bad thoughts as soon as you are aware of them? Reflect on these questions in your prayer time.

Resolution: I will do something kind for a member of my family.



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

Session Eight

PRIDE

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

2. Read questions 68–69 in *The Apostolate's Family Catechism*. Why do you think that pride is listed first among the capital sins? Explain your answer.

3. Read Daniel 6. In what way did the presidents and satraps commit sins of pride and envy?

4. Do you approach God with real humility, especially at Mass and at prayer time? What can you do to show God more reverence and honor?

Resolution: I will try to thank God for every good thing
which happens to other people.



Fourth Luminous Mystery: The Transfiguration

Session Nine
THE DIVINITY OF JESUS

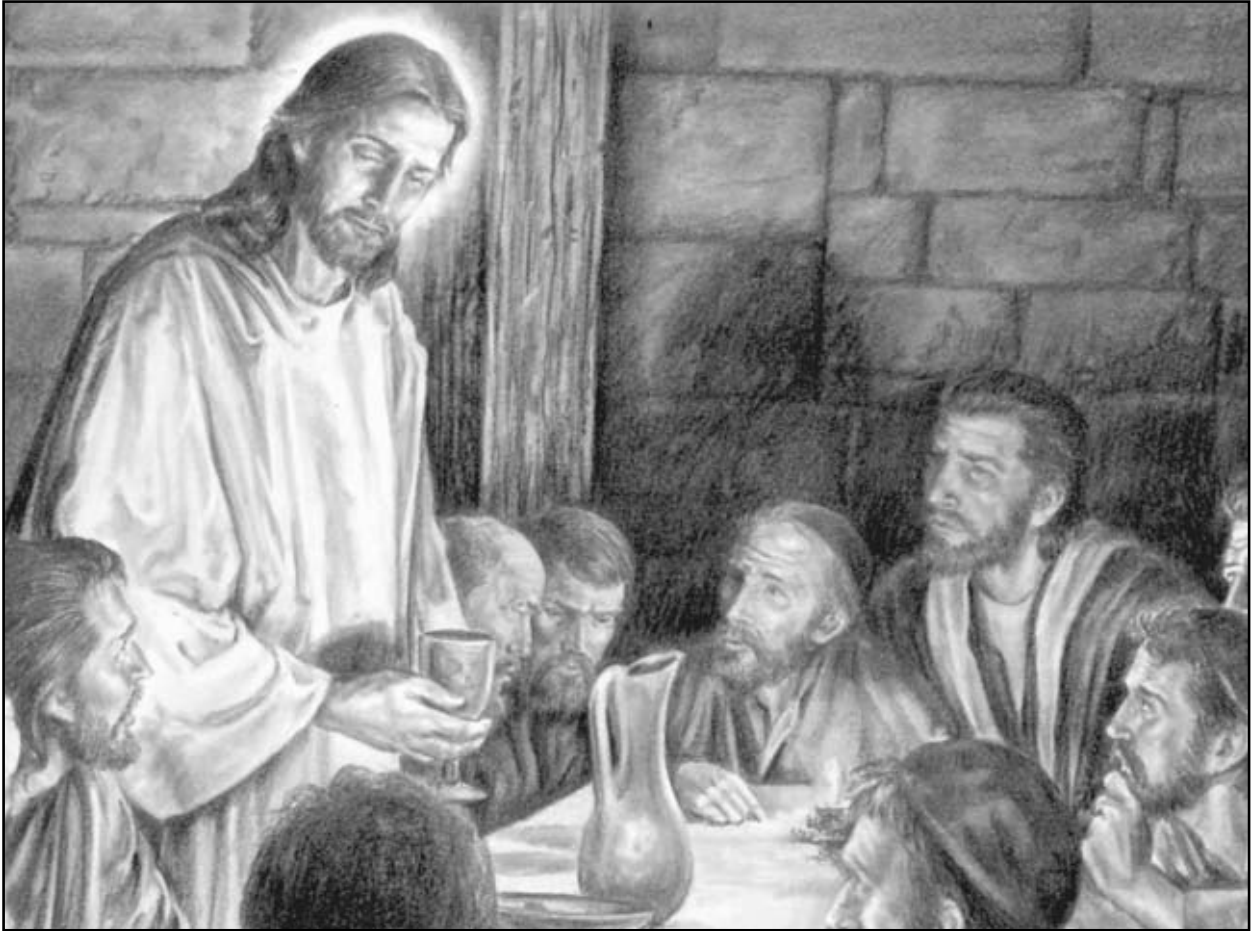
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 75–77 in *The Apostolate's Family Catechism*. Which Old Testament prophecy was fulfilled in the Incarnation?

3. Read Matthew 2. Why do you think St. Matthew includes so many quotations from the Old Testament in his Gospel?

4. Slowly read and reflect on the Chapter Summary Prayer after question 76. What can you do to get to know Jesus better and to become more aware of His presence in your life?

Resolution: I will pray for an increase of the gift of faith.



Fifth Luminous Mystery: The Institution of the Eucharist

Session Ten

JESUS OUR SAVIOR: THE RISE AND FALL OF ARIANISM

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

2. Read questions 84–87 in *The Apostolate's Family Catechism*. Why did the religious leaders of the Jewish people want to put Jesus to death?

3. Read Acts 4. How was the saving power of Jesus continued through the Apostles?

4. What can you do to spread the saving work of Jesus?

Resolution: I will pray for an increase in the gifts
of the Holy Spirit.



First Sorrowful Mystery: The Agony in the Garden

Session Eleven

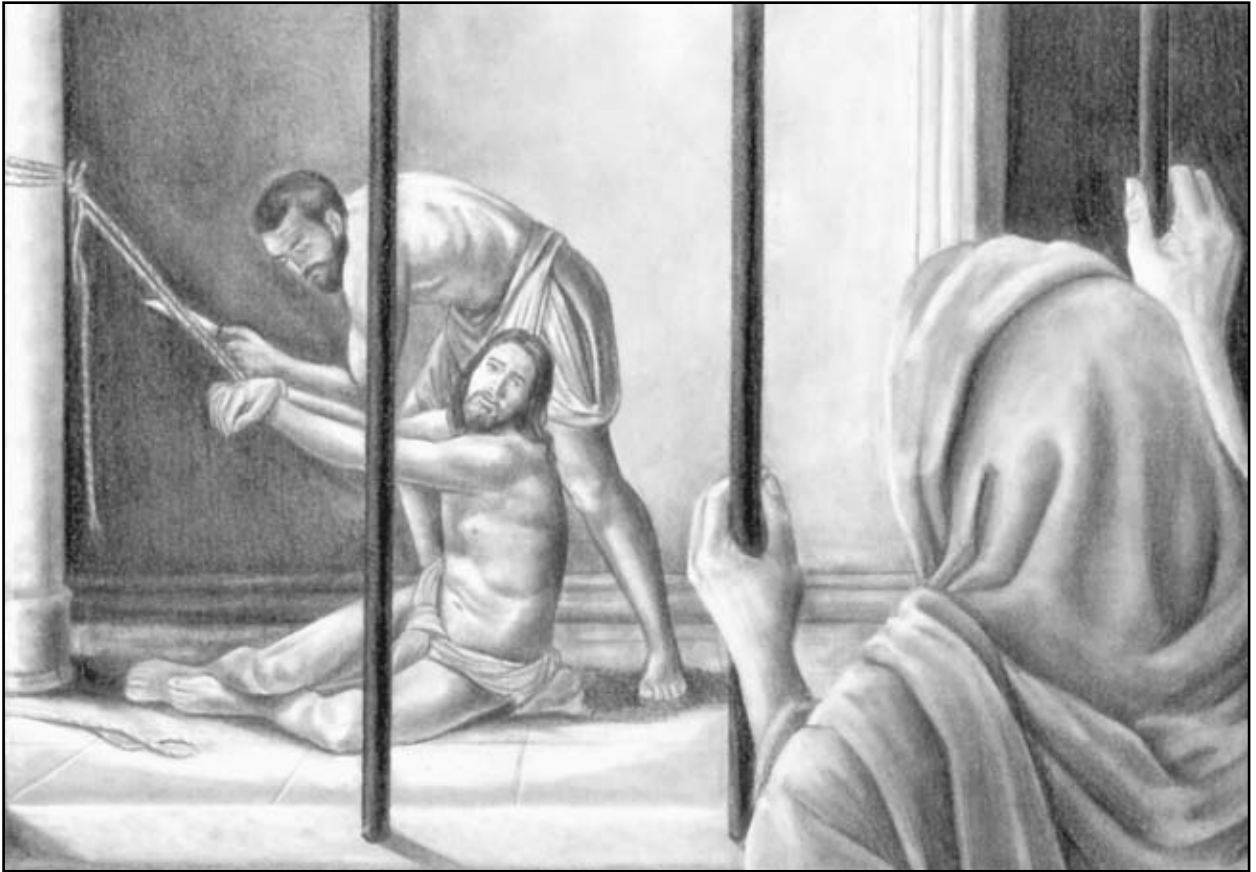
“THE BLOOD OF MARTYRS IS THE SEED OF CHRISTIANS”

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 94–97 in *The Apostolate’s Family Catechism*. What was the last of the “seven last words of Christ”?

3. Read Isaiah 53. How did Jesus fulfill this prophecy in detail during His Passion and death?

4. Gaze for a few minutes on a Crucifix and reflect on Jesus’ sufferings. In what way can you imitate Jesus?

Resolution: I will keep a crucifix in my room,
and try to remember what Jesus suffered for me.



Second Sorrowful Mystery: The Scouring 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 prayer time.

2. Read questions 102–103 in *The Apostolate's Family Catechism*. How did the Holy Spirit confirm the Apostles in their outward acceptance of Jesus' Resurrection?

3. In the Old Testament, 2 Maccabees 7, describes the heroic sacrifices of a Jewish mother and her sons, for the sake of the Jewish faith, during the second century B.C. Read this Scripture passage, and explain what it reveals about the Jewish belief in life after death, before the coming of Jesus.

4. Have you ever suffered for your faith? Explain.

Resolution: I will try to do what Jesus wants me to do,
no matter what other people think.



Third Sorrowful Mystery: The Crowning of Thorns

Session Thirteen

**THE HOLY SPIRIT PROCEEDS FROM
THE FATHER AND THE SON**

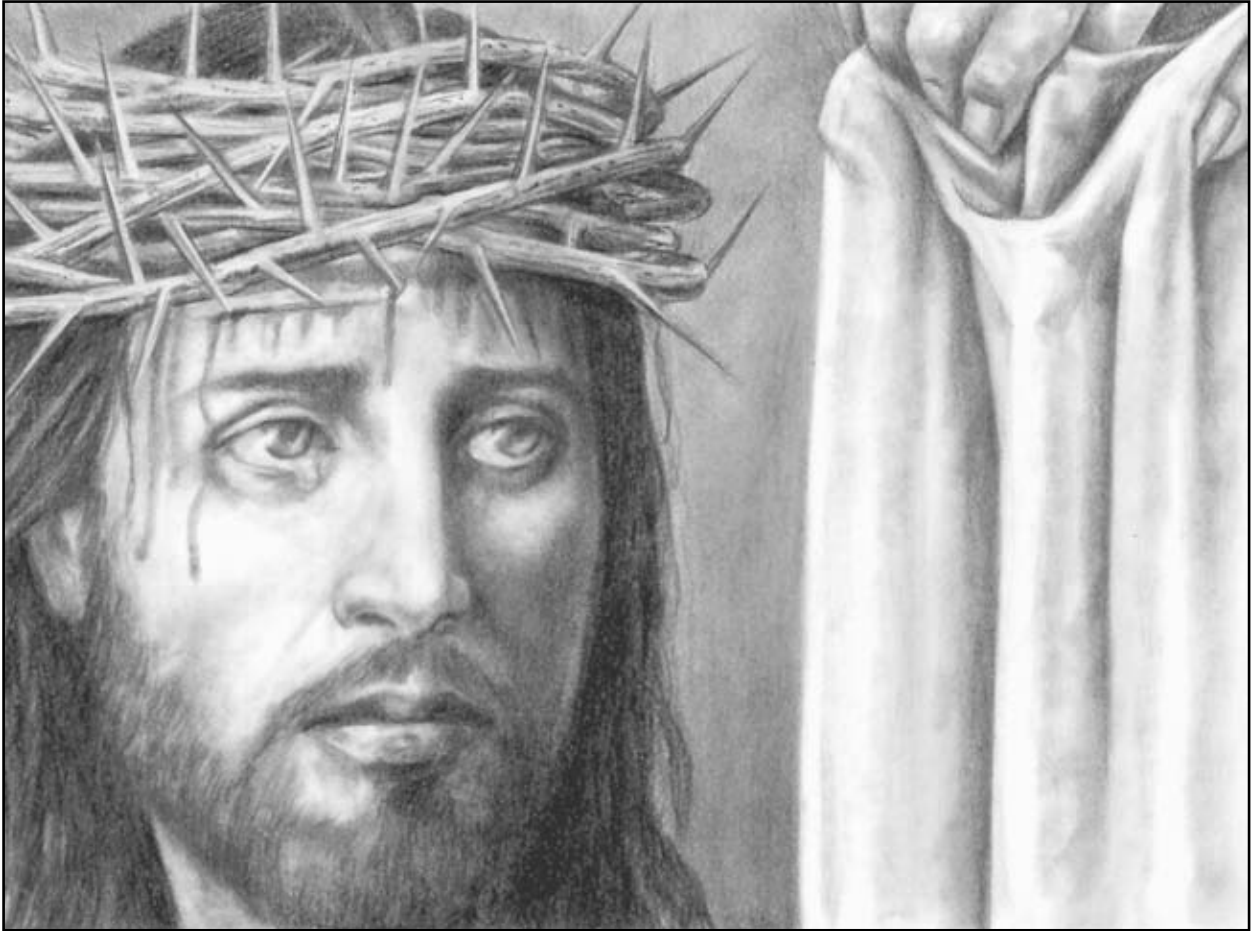
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 114–116 in *The Apostolate's Family Catechism*. Why is “Spirit of Love” a good name for the Holy Spirit?

3. Read Acts 15. According to this Scripture passage, how does God want the members of His Church to solve their disagreements about faith and morals?

4. What can we learn from Acts 15 about solving our own disagreements, especially in our own families?

Resolution: I will try to be cheerful at all times.



Fourth Sorrowful Mystery: The Carrying of the Cross

Session Fourteen

THE NECESSITY OF BAPTISM

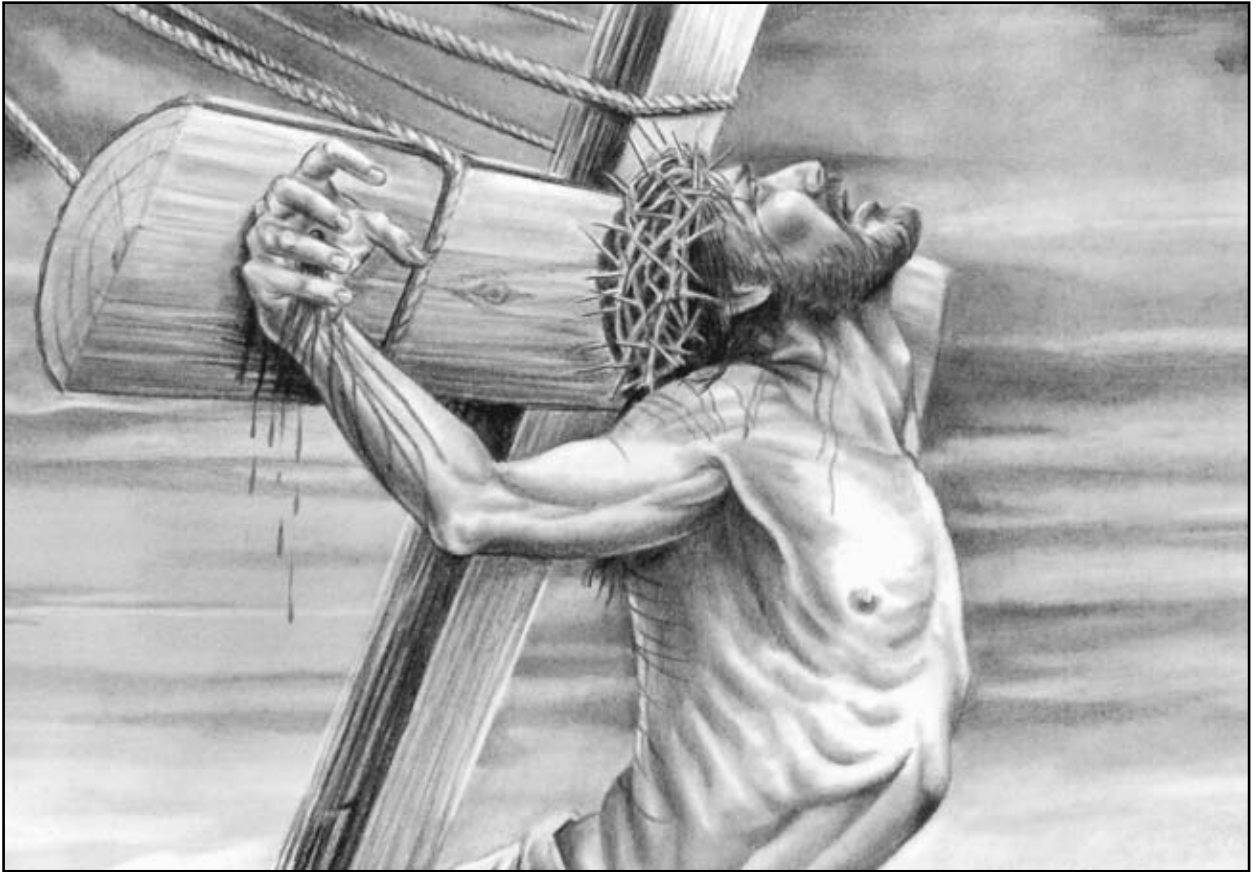
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 125–127 in *The Apostolate's Family Catechism*. What does sanctifying grace do for us?

3. Read Acts 17. Consider all that Paul and Silas suffered for the sake of the Gospel. What have you done to help to share the Gospel with others? What more could you do?

4. One out of three people in the world does not believe in Jesus. Write a brief prayer for unbelievers, asking God the Holy Spirit to give them the gift of faith in Jesus.

Resolution: I will try to talk to non-Catholics about my Faith.



Fifth Sorrowful Mystery: The Crucifixion and Death of Our Lord

Session Fifteen

THE LIVING WATER AND 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 prayer time.

2. Read questions 128–130 in *The Apostolate's Family Catechism*. What is our greatest dignity as Christians?

3. Read John 3:1–15. What does Jesus mean when He says that Nicodemus must be born of “water and the Spirit”?

4. Write a brief prayer to the Holy Spirit, asking for His guidance.

Resolution: I will try to be a peacemaker in my family.



First Glorious Mystery: The Resurrection

Session Sixteen

I WILL BE WITH YOU ALWAYS

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

2. Read questions 138–141 in *The Apostolate's Family Catechism*. To whom did Jesus say, "You shall be my witnesses"?

3. Joshua was the leader of the Jewish people after the death of Moses. Read Joshua 23:1–11; 2 Thessalonians 2:13–15. Compare the directions which Joshua gave to his people with the directions that St. Paul gave to the Thessalonians.

4. Write a prayer for the Pope and for your bishop.

Resolution: I will pray that all of the bishops will be united with each other and with the Pope, the Bishop of Rome.



Second Glorious Mystery: The Ascension into Heaven

Session Seventeen

THE ROCK OF PETER

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

2. Read questions 150–154 in *The Apostolate's Family Catechism*. What is the relationship between the present Pope and St. Peter?

3. Read Acts 1–2. How do these two chapters show that St. Peter was truly the leader and head of the Apostles from the beginning of the Church?

4. What more can you do to show your loyalty and love for the successor of St. Peter, the Pope?

Resolution: I will pray for the Pope every day.



Third Glorious Mystery: The Descent of the Holy Spirit
*"And they were all filled with the Holy Spirit and began to speak
in other tongues, as the Spirit gave them utterance." (Acts 1:4)*

Session Eighteen

THE UNIVERSAL CALL TO HOLINESS

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

2. Read questions 157–159 in *The Apostolate's Family Catechism*. How can all of the members of the Church be united and equal if they have different responsibilities?

3. Read Luke 19:1–9 and Mark 5:1–20. If you had met Zacchaeus and the Gerasene demoniac before they met Jesus, would you have considered them likely disciples? Explain your answer.

4. Do you judge people who act in a sinful way or who neglect to work and pray for their conversion? How does Jesus want you to treat such people?

Resolution: I will try to remember that Jesus died
for everyone, especially sinners.



Fourth Glorious Mystery: The Assumption of Our Blessed Mother

Session Nineteen

THE IMPORTANCE OF CHURCH COUNCILS

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 169–171 in *The Apostolate's Family Catechism*. What are the two kinds of authority in the Church?

3. Read Acts 16:1–5. What do these verses reveal about the authority of the Magisterium during the time of the Apostles?

4. Do you accept and obey all the teachings of the Magisterium? What can you do to learn more about the teachings of the Magisterium?

Resolution: I will try to listen carefully to the
homilies during Holy Mass.



Fifth Glorious Mystery: The Coronation of Our Blessed Mother

Session Twenty

THE FOUR MARKS OF THE CHURCH

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

2. Read question 177 in *The Apostolate's Family Catechism*. What proof can Catholics point to in every generation to show that the Catholic Church is holy?

3. Read questions 178–180 in *The Apostolate's Family Catechism*. How is the Catholic Church different from other Christian institutions?

4. Think about the life of one of the saints. In your life, how can you practice one of the virtues of that saint?

Resolution: I will form a special friendship with some of the saints by reading about their lives and by praying to them.



First Luminous Mystery: The Baptism of Our Lord

Session Twenty-one

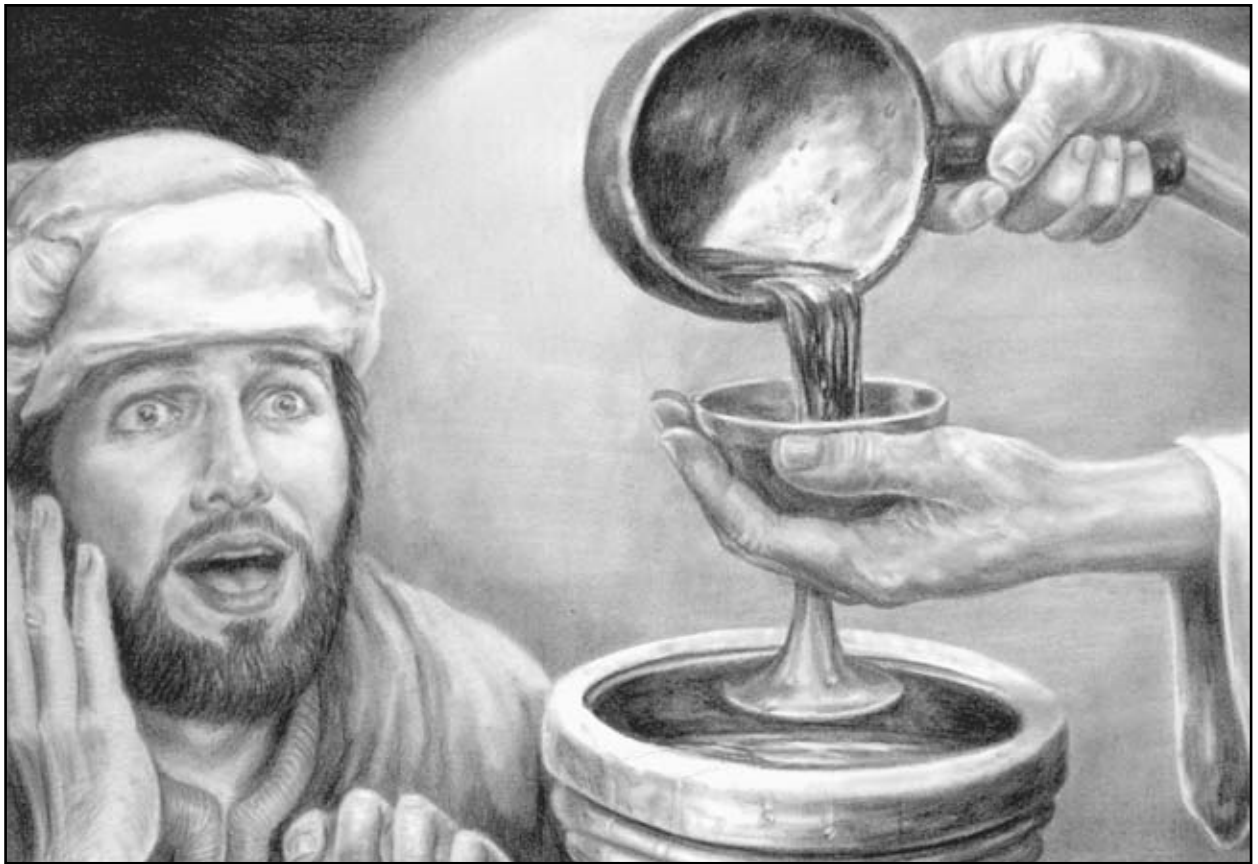
INFANT BAPTISM

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 201–202 in *The Apostolate's Family Catechism*. What special graces do we receive in the sacrament of Baptism?

3. In Acts 16, Paul and Silas are beaten for preaching the Gospel and then put in prison, bound in chains. Read what happens next in Acts 16:25–34. What verse refers to the Baptism of children as well as adults? Explain your answer.

4. Have you ever thanked God from your heart for sharing His life with you through Baptism? Write a short prayer of thanksgiving to God for the gift of Baptism.

Resolution: I will make sure that I know how to baptize someone
in case of emergency.



Second Luminous Mystery: The Miracle at the Wedding of Cana

Session Twenty-two

CONFESSION MUST BE HUMBLE AND SINCERE

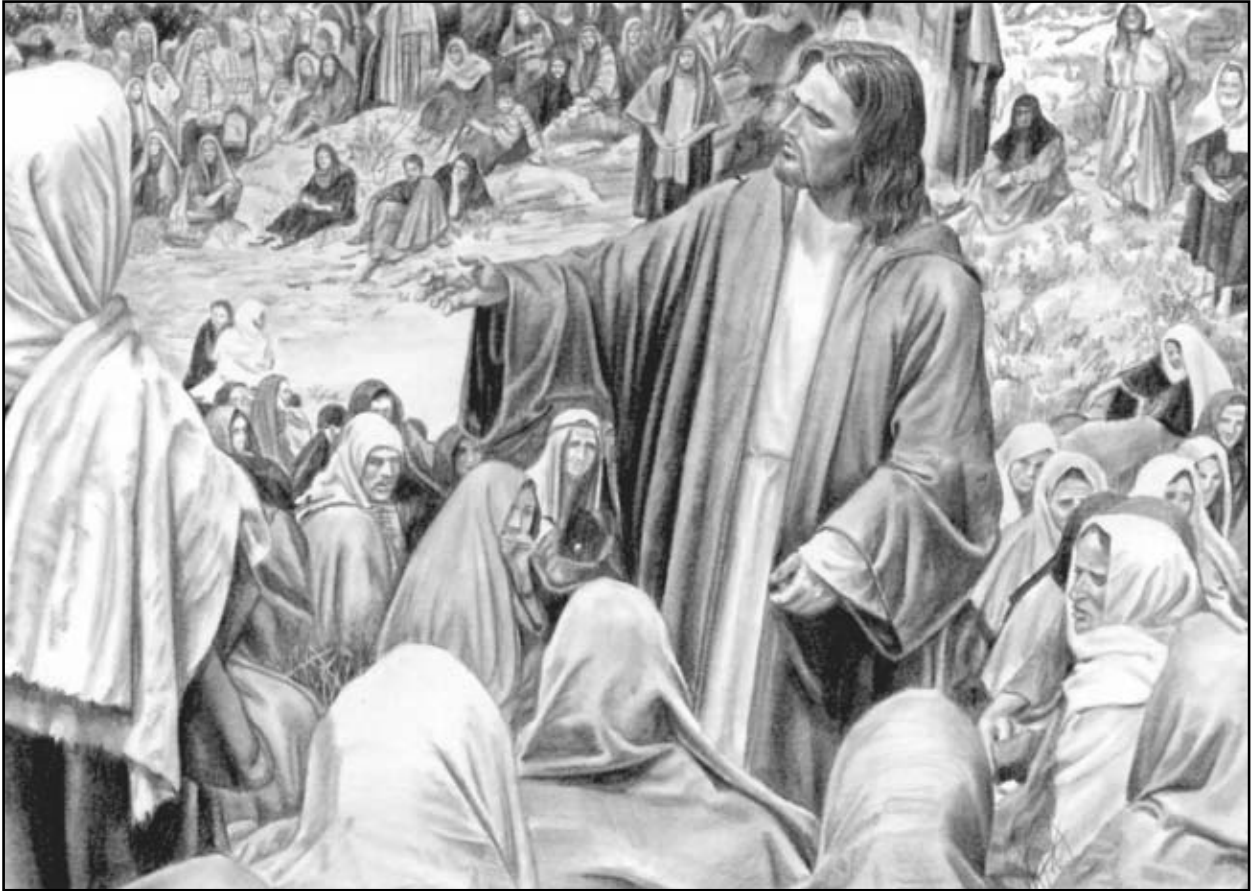
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 207–210 in *The Apostolate's Family Catechism*. What is repentance?

3. Read Acts 5:1–11. What was the sin of Ananias and Sapphira?

4. When you go to Confession are you completely honest with Jesus in the person of the priest? Reflect on this question in your prayer time.

Resolution: I will try to offer my sufferings
to Jesus in order to save souls.



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

Session Twenty-three

THE DIGNITY OF THE ORDAINED PRIESTHOOD

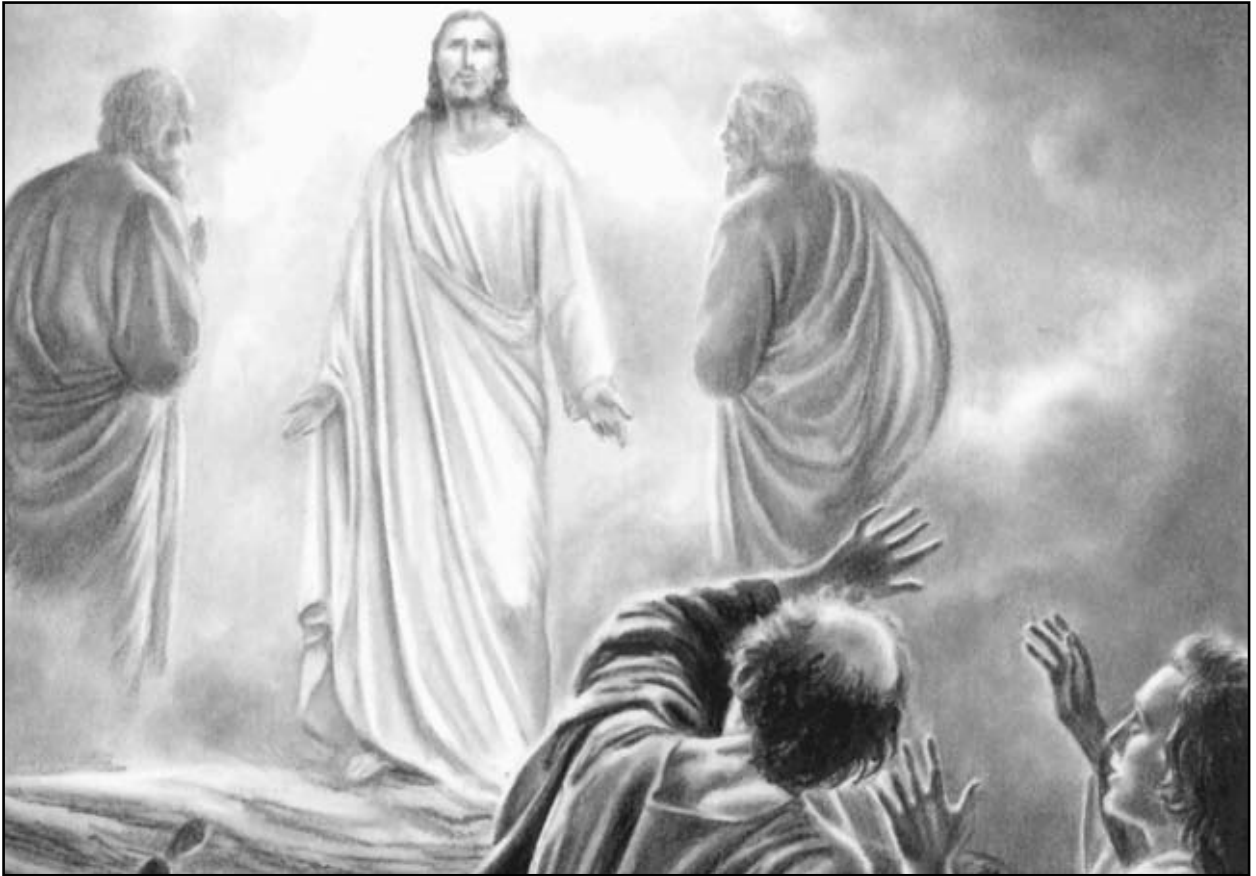
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 218–220 in *The Apostolate's Family Catechism*. What are the three positions of special service that are formed through the sacrament of Holy Orders?

3. Read Luke 22:14–20. With which words did Jesus give the Apostles the power to change bread and wine into Himself?

4. What are some of the talents and gifts God has given you?

Resolution: I will ask God to show me the vocation
that He has chosen for me.



Fourth Luminous Mystery: The Transfiguration

Session Twenty-four

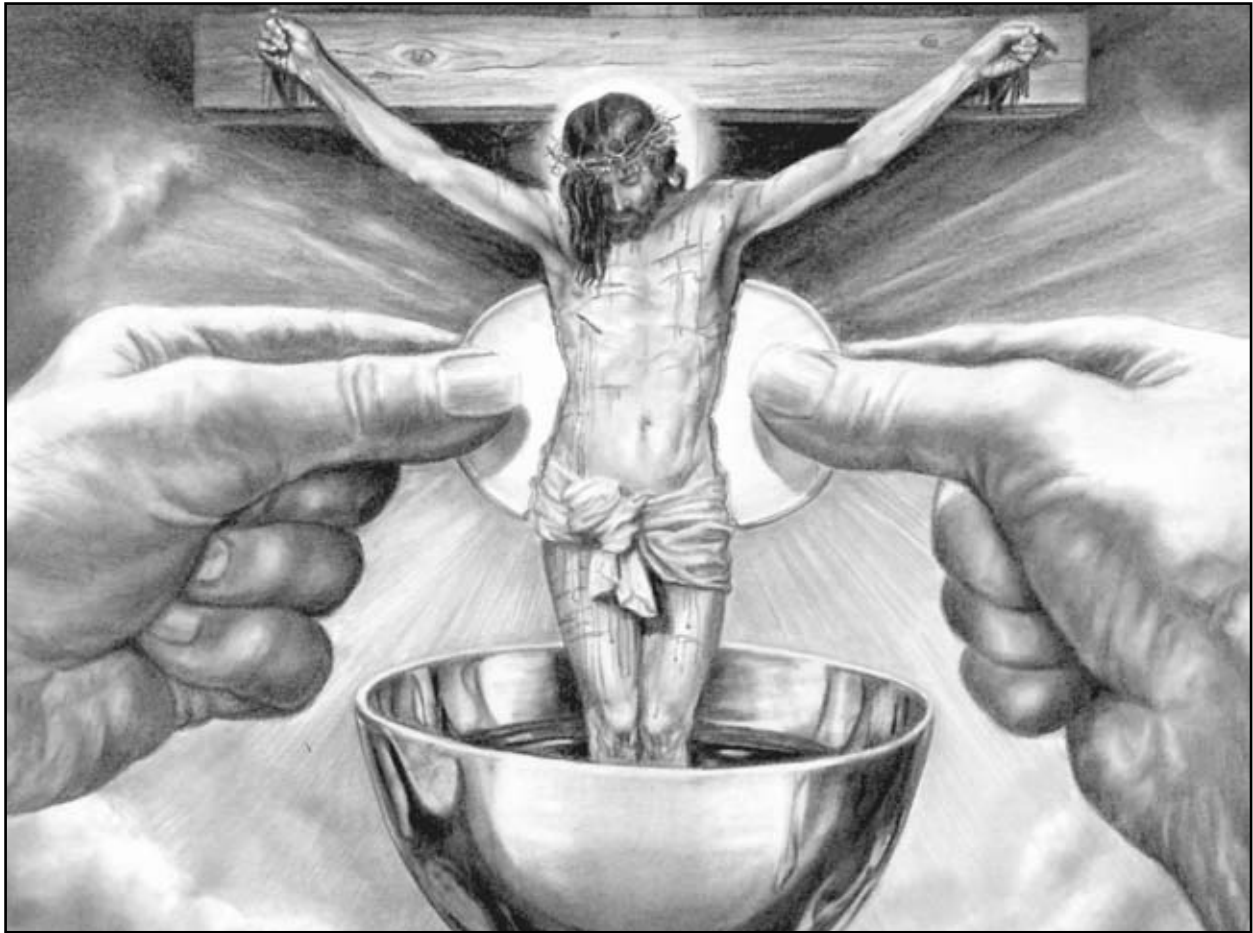
HOLY MARRIAGE

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 229–232 in *The Apostolate's Family Catechism*. According to St. Paul, what is marriage a sign of?

3. Read John 2:1–11. What did Jesus teach about the importance of marriage by performing His first public miracle at a wedding?

4. Do you pray for your parents every day, asking God to help them to be happy and holy? Write a prayer for your parents.

Resolution: I will not listen to or look at anything impure.



Fifth Luminous Mystery: The Institution of the Eucharist

Session Twenty-five

THE HOLY EUCHARIST: THE NEW COVENANT

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

2. Read questions 239–240 in *The Apostolate's Family Catechism*. Protestants argue that Jesus offered His sacrifice, once for all, on the Cross (Hebrews 10:10–13), and that therefore there is no longer any need for priests or sacrifices. Why do Catholics believe that God wants priests to offer the Holy Sacrifice of the Mass?

3. Read questions 247–249 in *The Apostolate's Family Catechism*. According to the Ecumenical Council of Trent, what three things does the Holy Sacrifice of the Mass accomplish for the members of the Church?

4. What can you do to show love and reverence for Jesus in the Holy Sacrifice of the Mass?

Resolution: During Mass, I will unite my sacrifices and sufferings with Jesus as an offering to the Father for the forgiveness of sins.



First Sorrowful Mystery: The Agony in the Garden

Session Twenty-six

HOLY COMMUNION

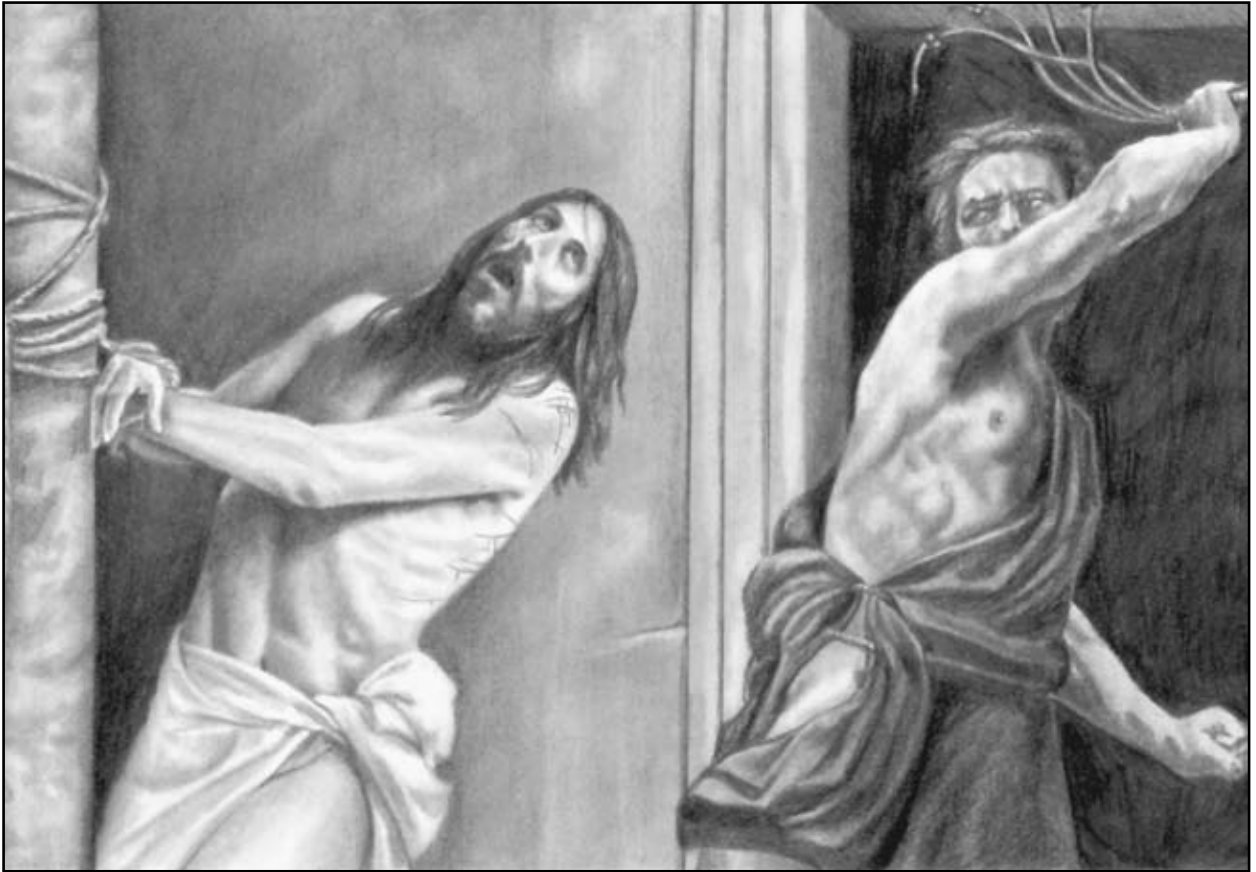
1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.

2. Read questions 253–257 in *The Apostolate's Family Catechism*. To which miracle in the Old Testament did Jesus compare the Holy Eucharist?

3. Read Exodus 16. What are some similarities and differences between manna and the Holy Eucharist?

4. How do you spend the precious moments after you receive Jesus in Holy Communion? What can you tell Jesus the next time you receive Him in Holy Communion?

Resolution: I will help my family to arrive a few minutes early for Holy Mass, so that we can prepare ourselves well for Holy Communion.



Second Sorrowful Mystery: The Scourging at the Pillar

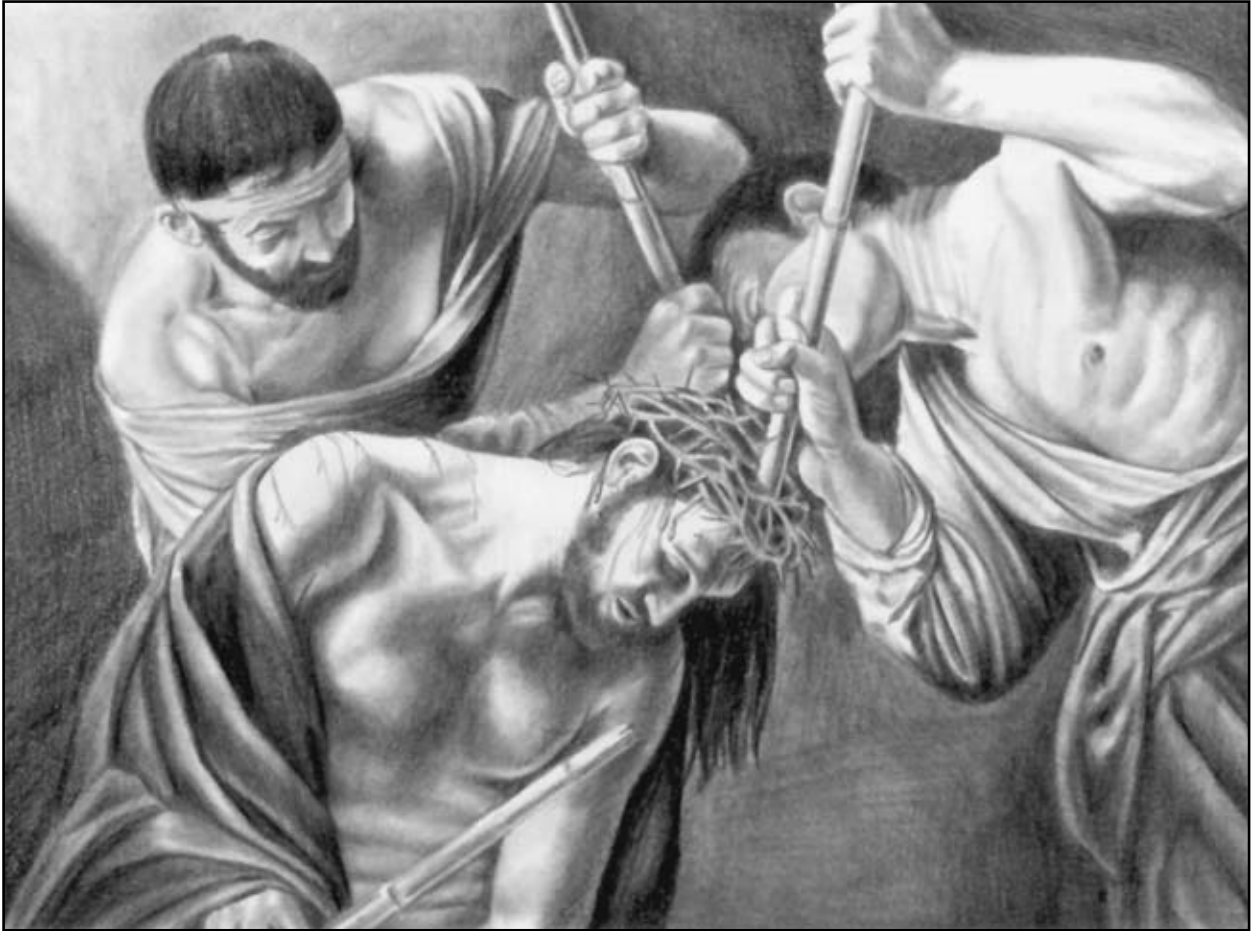
Session Twenty-seven

**THE ARK OF THE COVENANT, THE BLESSED SACRAMENT,
AND THE BLESSED VIRGIN MARY**

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 258–261 in *The Apostolate's Family Catechism*. What does Jesus do in the tabernacles of all of the churches of the world?

3. What can you do to show more appreciation for Jesus in the tabernacle?

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



Third Sorrowful Mystery: The Crowning of Thorns

Session Twenty-eight

MAKING TIME FOR PRAYER

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

2. Read questions 263–264 in *The Apostolate's Family Catechism*. What did St. Paul mean when he said that we should pray constantly (1 Thessalonians 5:17)?

3. In Acts 27 St. Paul escaped to the island of Malta, along with some Roman soldiers and some prisoners, after being shipwrecked. Read Acts 28:1–10. What part did prayer play in St. Paul's contacts with the people of Malta?

4. Do you reach all of your decisions through prayer? What can you do to form the habit of praying before making each decision?

Resolution: I will try to pray before all of my decisions.



Fourth Sorrowful Mystery: The Carrying of the Cross

Session Twenty-nine

THE BEATITUDES

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read questions 281–283 in *The Apostolate's Family Catechism*. What does Christ tell us we must do for His sake in order to be happy?

3. Read Matthew 5:1–16. Choose two of the Beatitudes and write what you can do to practice them more completely in your own life.

Resolution: I will try to put the Beatitudes
into practice in my life.



Fifth Sorrowful Mystery: The Crucifixion and Death of Our Lord

Session Thirty

OBEDIENCE

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

2. Read questions 287–288 in *The Apostolate's Family Catechism*. Why should we obey all lawful authority?

3. Read 1 Corinthians 13:4–7. How is a sin against obedience also a sin against love?

4. What can you do to practice love better, as it is defined by St. Paul in 1 Corinthians 13:4–7?

Resolution: I will try to show love to someone who has hurt me.



Fourth Glorious Mystery: The Assumption of Our Blessed Mother

Session Thirty-one

THE HAPPINESS OF HEAVEN

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

2. Read questions 292–295 in *The Apostolate's Family Catechism*. Why can man be truly happy only in Heaven?

3. Read 1 Corinthians 2:9 aloud. Why do you think that it is so hard to describe what Heaven is like?

4. When you pray the words from the Lord's Prayer, "Thy Kingdom come, Thy Will be done on earth as it is in Heaven," do you consciously ask God to set up His Kingdom on earth? What can you do to bring God's Kingdom on earth more quickly?

Resolution: I will try to put the needs of my parents, brothers,
and sisters before my own.



Fifth Glorious Mystery: The Coronation of Our Blessed Mother

Session Thirty-two

OUR LADY OF AKITA

1. Practice the Ten Steps to Mental Prayer at least once a day. Write down the inspirations which you receive during your prayer time.
2. Read John 19:17–30. When did Jesus ask John to take Mary as his mother, and Mary to take John as her son? How does the timing of Jesus' request show that it was extremely important to Him that they accept each other as mother and son?

3. What can you do to show greater love and appreciation for your Mother Mary?

Resolution: I will do something special this week to show my love for the Blessed Virgin Mary.

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; 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 thence 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.

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.

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 indul-

genced 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 loving
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 eternity, 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 immacu-
late 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 possible the
blessed kingdom of the most Sacred Heart of
Jesus.

For wherever you enter you obtain the grace
of conversion and growth in holiness, 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 as 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?