Reference Guide to some Special Teachings of the Church

The Gifts and Fruits of the Spirit

Seven Gifts of the Holy Spirit

1. Knowledge
2. Understanding
3. Counsel
4. Wisdom
5. Piety
6. Fortitude
7. Fear of the Lord

Twelve Gifts of the Holy Spirit

1. Love (Charity)
2. Joy
3. Peace
5. Patience
6. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control (Continence/Temperance):
12. Chastity (Purity)

The Sacraments

The Primordial Sacraments:

1. Jesus
2. The Church

The Celebrated Seven Sacraments

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

Virtues & Sins

Three Theological Virtues:

Faith, Hope and Love (Charity)

Four Cardinal Virtues:

1. Prudence (good judgment)
2. justice
3. temperance (self-control)
4. fortitude (courage)

The Seven Capital Sins:

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

Works of Mercy & Catholic Social Teaching

Spiritual Works of Mercy

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

Corporal Works of Mercy

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit the imprisoned
5. To shelter the homeless
6. To visit the sick
7. To bury the dead

The Principles of Catholic Social Teaching

1. Life and Dignity of the Human Person
2. Call to Family, Community, and Participation
3. Rights and Responsibilities
4. Preferential Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers,
6. Solidarity
7. Care for God's Creation

Holy Days of Obligation

1. January 1 – Solemnity of Mary, Our Queen
2. Ascension Thursday – 40 days after Easter
3. August 15 – Feast of the Assumption
4. November 1 – All Saints' Day
5. December 8 – Feast of the Immaculate Conception
6. December 25 – Christmas Day

The Pillars of the Church

One, Holy, Catholic, and Apostolic

Precepts of the Church

1. Attend Mass on Sundays and holy days of obligation.
2. Fast and abstain from meat on the days appointed.
3. Confess my sins at least once a year to a priest.
4. Receive Holy Communion during Easter time.
5. Contribute to the support of the Church. (financial, time, & talent)
6. Observe the laws of the Church regarding marriage.
7. Actively spread the Word of Jesus- teach, mentor, etc.