

# 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.