



Catechism

Prayers and Christian Principles



2025-2026

Saint Christopher Catholic Parish

12101 West Moore road | Marana, Arizona | (520) 682-3035

First Holy Communion / Confirmation Prayers

*SIGN OF THE CROSS

+IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

*OUR FATHER

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

*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 death.

Amen.

*GLORY

Glory be to the Father and to
the Son and to the Holy Spirit,
as it was in the beginning, is now
and ever shall be, world without
end.
Amen.



ANGEL OF GOD

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

GRACE BEFORE MEALS

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

*SEVEN SACRAMENTS

1. Baptism
2. Eucharist
3. Reconciliation
4. Confirmation
5. Marriage
6. Holy Orders
7. Anointing of the Sick

MORNING OFFERING

O Jesus, through the Immaculate Heart of
Mary, I offer you my prayers, works, joys
and sufferings of this day the intention of the
Holy Father and for all here present.

Amen.



PRAYER AFTER HOLY COMMUNION

1. May the body of Our Lord Jesus Christ keep my soul unto life everlasting. Amen.
2. O' Jesus, I believe that I received Thy Flesh to eat and Thy Blood to drink, because Thou hast said it and Thy word is true. Jesus, Increase my faith.

THE BEATITUDES

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Blessed are the meek: for they shall God possess the land.

Blessed are they who mourn: for they shall be comforted.

Blessed are they that hunger and thirst after justice: for they shall have their fill.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the clean of heart: for they shall see God.

Blessed are the peacemakers: for they shall be called the children of God.

Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.

****THE TEN COMMANDMENTS**

1. I am the Lord your God, You shall have no other gods before me
2. You shall not take the name of the Lord in Vain.
3. Remember the Sabbath and keep it holy
4. Honor your father and mother
5. You shall not kill.
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness against your neighbor
9. You shall not covet your neighbor's wife
10. You shall not covet anything that belongs to your neighbor

****ACT OF CONTRITION**

"O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

***GIFTS OF THE HOLY SPIRIT**

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

FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of Thy mercy.

PRAYER TO THE HOLY SPIRIT

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

****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 your
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.

***** THE NICENE CREED**

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

I believe in one Lord Jesus Christ, the Only
Begotten Son of God, born of the Father
before all ages. God from God, Light from
Light, true God from true God, begotten, not
made, consubstantial with the Father;
through him all things were made. For us

men and for our salvation he came down
from heaven ,

*(bow) and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.*

For our sake he was crucified under Pontius
Pilate, he suffered death and was buried,
and rose again on the third day in
accordance with Scriptures. He ascended
into heaven and is seated at the right hand of
the Father. He will come again in glory to
judge the living and the dead and his
kingdom will have no end. I believe in the
Holy Spirit, the Lord, the giver of life, who
proceeds from the Father and the Son, who
with the Father and the Son is adored and
glorified, who has spoken through the
prophets.

I believe in one, holy, catholic and apostolic
Church. I confess one Baptism for the
forgiveness of sins and I look forward to the
resurrection of the dead and the life of the
world to come. Amen.



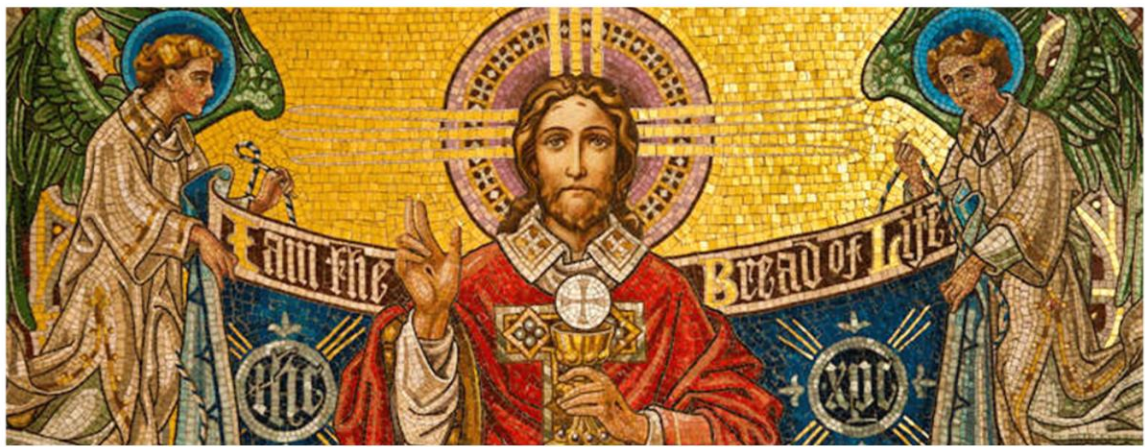
CATECHISM

50 QUESTIONS WITH ANSWERS

SECTION ONE

1. **Q: Who is God?** A: God is one true God, who is Father, Son, and Holy Spirit. He is eternal, all-powerful, and knows everything [1](#) [2](#) [3](#).
2. **Q: What is the Holy Trinity?** A: The Holy Trinity is the central mystery of our Christian faith. It means there is one God in three divine Persons: God the Father, God the Son (Jesus Christ), and God the Holy Spirit. They are truly distinct but are one God [11](#) [12](#) [13](#) [14](#) [15](#) [16](#) [17](#) [19](#) [20](#).
3. **Q: Who created the world?** A: God the Father, Son, and Holy Spirit created the world from nothing by their almighty power [1](#) [3](#) [8](#).
4. **Q: Who is Jesus Christ?** A: Jesus Christ is the only-begotten Son of God, who became a true man through the Holy Spirit and the Virgin Mary. He is one Person with two natures: divine and human [1](#) [18](#).
5. **Q: Why did Jesus come to earth?** A: Jesus came to earth to show us the way to salvation and to reveal God's love to us [1](#) [9](#).
6. **Q: What is the Holy Spirit?** A: The Holy Spirit is the third Person of the Holy Trinity, who proceeds from the Father and the Son. He is God, just like the Father and the Son [1](#) [3](#) [5](#) [6](#).
7. **Q: What does the Holy Spirit do for us?** A: The Holy Spirit helps us to know God, gives us life, and helps us to live as God's children [4](#) [5](#) [20](#).
8. **Q: What is sin?** A: Sin is a thought, word, deed, or desire that is against God's law. It is an offense against God and hurts our relationship with Him and with others [21](#) [22](#) [23](#) [24](#) [25](#) [26](#) [28](#) [29](#).
9. **Q: What was the first sin?** A: The first sin was when Adam and Eve disobeyed God, wanting to be like God and decide good and evil for themselves [1](#) [3](#) [25](#).
10. **Q: What is the Church?** A: The Church is the community of people who believe in God the Father, Son, and Holy Spirit, and are united in Christ through the Holy Spirit [4](#) [20](#).
11. **Q: What are Sacraments?** A: Sacraments are special signs and actions given to us by Jesus that give us God's grace and help us become holy.

12. **Q: What is Baptism?** A: Baptism is the first Sacrament, where we are washed clean of sin, become children of God, and are welcomed into the Church.
13. **Q: What is the Eucharist?** A: The Eucharist is the Sacrament where Jesus gives us His Body and Blood under the appearance of bread and wine, so we can be united with Him [4](#) [20](#).
14. **Q: What is the most important commandment?** A: The most important commandment is to love God with all your heart, soul, mind, and strength, and to love your neighbor as yourself.
15. **Q: Why should we love our neighbor?** A: We should love our neighbor because God loves everyone, and when we love others, we show our love for God [21](#) [26](#).
16. **Q: What are the Ten Commandments?** A: The Ten Commandments are important rules God gave us to help us live good lives and show our love for Him and others.
17. **Q: What is prayer?** A: Prayer is talking to God. It is lifting our minds and hearts to God.
18. **Q: How should we pray?** A: We can pray by talking to God in our own words, by saying prayers like the Our Father, or by just being quiet and listening to God in our hearts.
19. **Q: What happens after we die?** A: After we die, our souls go to be judged by God, and then we go to Heaven, Purgatory, or Hell.
20. **Q: What is Heaven?** A: Heaven is being perfectly happy with God forever, seeing Him face to face, and being with all the saints and angels.
21. **Q: What is Hell?** A: Hell is being separated from God forever because someone chose to reject God's love and die in mortal sin.
22. **Q: What is Purgatory?** A: Purgatory is a place where souls go after death to be purified and made perfectly ready for Heaven, if they are not yet completely pure.
23. **Q: What is a saint?** A: A saint is a holy person who lived a life pleasing to God and is now in Heaven. We can ask saints to pray for us.
24. **Q: Why do we go to Mass?** A: We go to Mass to worship God, to hear His Word, and to receive Jesus in the Eucharist.
25. **Q: What is forgiveness?** A: Forgiveness is when God, through the Sacrament of Confession, takes away our sins when we are truly sorry and confess them.



CATHOLIC TEACHING SOURCES

- [1] [Fourth Council of the Lateran \(1215 A.D.\) 1](#)
- [2] [Solemn Liturgy \(Credo of the People of God\) \(June 30, 1968\) 9](#)
- [3] [The Sources of Catholic Dogma \(Enchiridion Symbolorum\) 800](#)
- [4] [CCC 261](#)
- [5] [CCC 234](#)
- [6] [CCC 266](#)
- [7] [Catholic Encyclopedia The Blessed Trinity](#)
- [8] [Catechism of the Ukrainian Catholic Church: Christ – Our Pascha 15](#)
- [9] [A New Response of the Congregation for the Doctrine of the Faith on the Validity of Baptism](#)
- [10] [The Sources of Catholic Dogma \(Enchiridion Symbolorum\) 851](#)
- [11] [Compendium of the CCC 48](#)
- [12] [The Call to Communion: Anglicanorum coetibus and Ecclesial Unity God, the Source of our Communion](#)
- [13] [Laudato Si 238](#)
- [14] [Fourth Council of the Lateran \(1215 A.D.\) 1](#)
- [15] [Compendium of the Social Doctrine 31](#)
- [16] [Third Council of Constantinople \(A.D. 680-681\) The Letter of Agatho and of the Roman Synod of 125 Bishops which was to Serve as an Instruction to the Legates Sent to Attend the Sixth Synod.](#)
- [17] [A Declaration of Faith \(St. Gregory Thaumaturgus\)](#)
- [18] [The Call to Communion: Anglicanorum coetibus and Ecclesial Unity God, the Source of our Communion](#)
- [19] [CCC 1849](#)
- [20] [CCC 1871](#)
- [21] [Compendium of the CCC 392](#)
- [22] [CCC 1872](#)
- [23] [CCC 1850](#)
- [24] [The Mystery of the Eucharist in the Life of the Church 12](#)
- [25] [A Catechism of Christian Doctrine \(The Baltimore Catechism No. 3\) 278](#)
- [26] [Catholic Encyclopedia Sin](#)

CATECHISM

50 QUESTIONS WITH ANSWERS

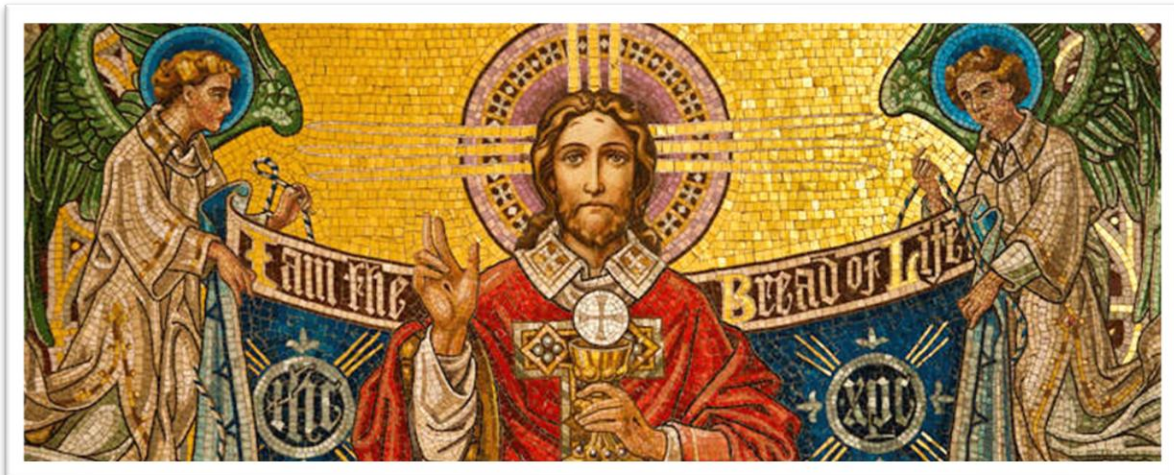
SECTION TWO

1. **Q: What is grace?** A: Grace is God's free gift of His life and help that makes us holy and helps us do good things [1](#).
2. **Q: What are virtues?** A: Virtues are good habits that help us do what is right and good. They make it easier for us to live a holy life [11](#) [17](#).
3. **Q: What are the three theological virtues?** A: The three theological virtues are faith, hope, and charity (love). God gives them to us so we can live in a relationship with Him [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [10](#).
4. **Q: What is faith?** A: Faith is believing in God and all that He has revealed to us, even things we cannot see [5](#).
5. **Q: What is hope?** A: Hope is trusting that God will give us eternal life and the help we need to get there, because He is good and keeps His promises [5](#).
6. **Q: What is charity (love)?** A: Charity is loving God above all things for His own sake, and loving our neighbor as ourselves because of our love for God [5](#).
7. **Q: What are the four cardinal virtues?** A: The four cardinal virtues are prudence, justice, fortitude, and temperance. All other human virtues are grouped around them [11](#) [12](#) [13](#) [14](#) [15](#) [16](#) [17](#) [18](#) [19](#).
8. **Q: What is prudence?** A: Prudence is the virtue that helps us know what is good and how to choose the right way to do it [13](#) [18](#).
9. **Q: What is justice?** A: Justice is the virtue that helps us give God and our neighbors what is due to them [13](#).
10. **Q: What is fortitude (courage)?** A: Fortitude is the virtue that helps us be strong and brave, even when things are difficult, so we can do what is good [13](#).
11. **Q: What is temperance?** A: Temperance is the virtue that helps us control our desires and use good things in a balanced way [13](#).
12. **Q: What are the Beatitudes?** A: The Beatitudes are blessings Jesus taught us that show us how to be truly happy and live like Him. They are found in the Sermon on the Mount [20](#) [21](#) [22](#) [23](#) [24](#) [25](#) [26](#) [27](#) [28](#) [29](#).

13. **Q: What do the Beatitudes promise us?** A: The Beatitudes promise us true happiness, both now and forever in the Kingdom of Heaven [24 25 27 29](#).
14. **Q: What does "poor in spirit" mean in the Beatitudes?** A: "Poor in spirit" means knowing that we depend completely on God for everything, and not being too attached to earthly things [21 27](#).
15. **Q: What does it mean to be "meek"?** A: To be meek means to be gentle, patient, and humble, not using violence but respecting others [21 27](#).
16. **Q: What does it mean to "hunger and thirst for righteousness"?** A: It means to deeply desire to do what is right and good, according to God's will [21 27](#).
17. **Q: What does it mean to be "merciful"?** A: To be merciful means to show kindness, forgiveness, and active help to those in need [21 27](#).
18. **Q: What does it mean to be "pure in heart"?** A: To be pure in heart means to seek God's will with a sincere and undivided commitment [21 27](#).
19. **Q: What does it mean to be a "peacemaker"?** A: To be a peacemaker means to do everything possible to maintain and restore love and fellowship among people [21 27](#).
20. **Q: What does it mean to be "persecuted for righteousness' sake"?** A: It means to remain faithful to God's will even when facing difficulties or suffering because of it [21 27](#).
21. **Q: What is the purpose of human life?** A: The purpose of human life is to know, love, and serve God in this world, and to be happy with Him forever in the next.
22. **Q: What is conscience?** A: Conscience is like a little voice inside us that helps us know what is good and what is evil, and tells us to do good and avoid evil.
23. **Q: How can we form a good conscience?** A: We can form a good conscience by learning God's law, listening to the Church's teachings, and praying for guidance.
24. **Q: What is the importance of the family in the Church?** A: The family is called the "domestic church" because it is the first place where children learn about God and the faith.
25. **Q: What is the Communion of Saints?** A: The Communion of Saints means that all the faithful, both those on earth, those in Purgatory, and those in Heaven, are connected and help each other through prayer

**"IF YOU LEARN EVERYTHING EXCEPT CHRIST, YOU LEARN NOTHING.
IF YOU LEARN NOTHING EXCEPT CHRIST, YOU LEARN EVERYTHING"**

- ST. BONAVENTURE



CATHOLIC TEACHING SOURCES

- [1] [CCC 1813](#)
- [2] [CCC 1834](#)
- [3] [CCC 1804](#)
- [4] [Compendium of the CCC 385](#)

- [5] [CCC 1841](#)
- [6] [CCC 1840](#)
- [7] [Catholic Encyclopedia Virtue](#)
- [8] [Compendium of the CCC 384](#)
- [9] [General Audience of 1st May 2024 - Cycle of Catechesis. Vices and Virtues. 17. Faith](#)
- [10] [General Audience of 24 April 2024 - Cycle of Catechesis. Vices and Virtues. 16. The life of grace according to the Spirit Cycle of Catechesis. Vices and Virtues. 16. The life of grace according to the Spirit](#)
- [11] [A Catechism of Christian Doctrine \(The Baltimore Catechism No. 3\) 469](#)
- [12] [General Audience of 22 November 2000 1](#)
- [13] [Compendium of the CCC 379](#)
- [14] [CCC 1805](#)
- [15] [Catholic Encyclopedia Heroic Virtue](#)
- [16] [Catholic Encyclopedia Cardinal Virtues](#)
- [17] [General Audience of 24 April 2024 - Cycle of Catechesis. Vices and Virtues. 16. The life of grace according to the Spirit Cycle of Catechesis. Vices and Virtues. 16. The life of grace according to the Spirit](#)
- [18] [General Audience of 20 March 2024 - Cycle of Catechesis. Vices and Virtues. 12. Prudence](#)
- [19] [Catholic Encyclopedia Humility](#)
- [20] [CCC 1717](#)
- [21] [The Bible and Morality: Biblical Roots of Christian Conduct 47](#)
- [22] [Catholic Encyclopedia The Eight Beatitudes](#)
- [23] [General Audience of 29 January 2020](#)
- [24] [CCC 1719](#)
- [25] [Compendium of the CCC 360](#)
- [26] [13 October 2000: Eulogy for His Eminence Cardinal Pietro Palazzini - Homily 1](#)
- [27] [CCC 1716](#)
- [28] [Giuseppina Nicoli: Omelia di beatificazione \(3 febbraio 2008\) Homily](#)
- [29] [CCC 1725](#)