

### Part I: The Apostle's Creed

#### 1. The profession of faith (the Apostle's Creed)

##### 1.1. Twelve Articles of the Creed

- 1.1.1. 1. I believe in God, the Father almighty, creator of heaven and earth.
- 1.1.2. 2. I believe in Jesus Christ, His only Son our Lord.
- 1.1.3. 3. He was conceived by the power of the Holy Spirit and born of the virgin Mary.
- 1.1.4. 4. He suffered under Pontius Pilate, was crucified, died and was buried.
- 1.1.5. 5. He descended into the dead. On the third day He rose again.
- 1.1.6. 6. He ascended into heaven and is seated at the right hand of the Father.
- 1.1.7. 7. He will come again to judge the living and the dead.
- 1.1.8. 8. I believe in the Holy Spirit,
- 1.1.9. 9. the Holy Catholic Church and the communion of saints,
- 1.1.10. 10. the forgiveness of sins,
- 1.1.11. 11. the resurrection of the body,
- 1.1.12. 12. and life everlasting, Amen.

### Part II: The Liturgy

#### 2.: Celebration of the Christian Mystery

##### 2.1. Three Liturgical Parts

- 2.1.1. Liturgy of the Preparatory rites
  - 2.1.1.1. Enter a state of prayer and humility
- 2.1.2. Liturgy of the Word
- 2.1.3. Liturgy of the Eucharist

### Part III: The Ten Commandments

- 3.1. I am the Lord thy God. Thou shall not have strange gods before me
- 3.2. Thou shall not take the name of the Lord thy God in vain.
- 3.3. Keep holy the Sabbath
- 3.4. Honor thy father and mothers
- 3.5. Thou shalt not kill
- 3.6. Thou shalt not commit adultery
- 3.7. Thou shalt not steal.
- 3.8. Thou shalt not bear false witness against they neighbor.
- 3.9. Thou shalt not covet they neighbor's wife.
- 3.10. Thou shalt not covet they neighbor's goods.

### Part IV: A Life of Prayer (cont)

We are soldiers of Christ standing against Satan. As Christians we are engaged in a personal great battle with Satan.

4.6.1. "...the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish"

4.6.2. Three Categories of the Flesh to overcome

#### 4.6.2.1. Sexual sins of the flesh

- 4.6.2.1.1. Adultery
- 4.6.2.1.2. Fornication
- 4.6.2.1.3. Uncleaness
- 4.6.2.1.4. Lasciviousness

#### 4.6.2.2. Sins of misguided allegiance

- 4.6.2.2.1. Idolatry
- 4.6.2.2.2. Witchcraft
- 4.6.2.2.3. Drunkenness
- 4.6.2.2.4. Revelries (orgies)

#### 4.6.2.3. Sins in personal relationships

- 4.6.2.3.1. Hatred
- 4.6.2.3.2. Contentions
- 4.6.2.3.3. Jealousies
- 4.6.2.3.4. Outbursts of wrath
- 4.6.2.3.5. Selfish ambitions
- 4.6.2.3.6. Heresies
- 4.6.2.3.7. Envy
- 4.6.2.3.8. Murder

#### 4.6.3. Fruit of the Spirit

- 4.6.3.1. Agape love
  - 4.6.3.1.1. Unconditional love
- 4.6.3.2. Joy
- 4.6.3.3. Peace
- 4.6.3.4. Patience
- 4.6.3.5. Kindness
- 4.6.3.6. Goodness
- 4.6.3.7. Gentleness
- 4.6.3.8. Devotion to God

### Part IV: A Life of Prayer

#### **4.1. Anima Christi**

4.1.1. Soul of Christ, sanctify me Body of Christ, save me Blood of Christ, inebriate me Water from Christ's side, wash me Passion of Christ, strengthen me O good Jesus, hear me

#### **4.2. Prayer of St. Thomas Aquinas**

4.2.1. Thanksgiving After Mass

#### **4.3. Morning Offering**

#### **4.4. St. Thomas Aquinas' Prayer Before Mass**

#### **4.5. Prayer after Mass**

#### **4.6. Apostle Paul : Flesh versus the Spirit (Galatians 5:17-21)**



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