

**APPENDIX II**

*Tenets of  
Our Faith*

DIOCESE OF WILMINGTON  
OFFICE FOR RELIGIOUS EDUCATION  
**Curriculum Outcomes/Religious Education**

# *Tenets of Our Faith*

## **The Ten Commandments**

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your 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 your neighbor's goods.

Based on Ex. 20:2-17 and Dt. 5:6-21

CCC p. 496 & 497

## **The Great Commandments**

1. You should love the Lord your God with your whole heart, with your whole soul and with your whole mind.
2. You shall love your neighbor as yourself.

Matthew 22:37-40; Mark 12:29-31; Luke 10:27

CCC #2055

## **The Beatitudes**

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

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for justice, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of justice, for theirs is the kingdom of heaven.

Matthew 5:3-10

CCC #1716

## **The Seven Sacraments**

Baptism  
Confirmation  
Eucharist  
Penance  
Anointing of the Sick  
Holy Orders  
Matrimony

CCC #1210

## **Twelve Apostles**

Peter  
James  
Andrew  
Thaddeus  
James  
Thomas  
John  
Matthew  
Philip  
Simon  
Bartholomew  
Matthias (replaced Judas Iscariot)

Matthew 10:2-4 Acts 1:21-26

CCC #858

## **The Cardinal Virtues**

Prudence  
Justice  
Fortitude  
Temperance

Wisdom 8:7

CCC #1805

## **The Theological Virtues**

Faith  
Hope  
Charity

1 Cor. 13:13

CCC #1813

## **Works of Mercy**

### *Corporal*

Feed the hungry. Shelter the homeless. Clothe the naked. Visit the sick and imprisoned. Bury the dead.

Matthew 25:35-40

CCC #2447

### *Spiritual*

Instruct the ignorant. Advise the doubtful. Correct the sinner. Comfort the afflicted. Forgive offenses. Bear wrongs patiently. Pray for the living and the dead.

Gal 6:1-2 1 Thes. 5:14-19

CCC #2447

## **Gifts of the Holy Spirit**

Wisdom  
Knowledge  
Understanding  
Reverence  
Courage  
Wonder and Awe  
Right Judgement

Is. 11:1-3

CCC #1831

## **Fruits of the Holy Spirit**

Love  
Generosity  
Joy  
Gentleness  
Peace  
Faithfulness  
Patience  
Modesty  
Kindness  
Self-control  
Goodness  
Chastity

Gal. 5:22-23

CCC #1832

## **Marks of the Church**

One  
Catholic  
Holy  
Apostolic

CCC #865

## **Eucharistic Fast**

General Law: Those preparing to receive Communion must abstain from all food and drink for one hour prior to reception.

Exceptions to the Eucharistic Fast: Water may be taken any time before Communion.

In the case of sickness, medicine may be taken anytime before reception.

Canon 919

## **Holy Days of Obligation in the United States**

1. Solemnity of Mary, Mother of God (January 1)
2. Solemnity of the Ascension (Forty days after Easter)
3. Solemnity of the Assumption of the Blessed Virgin Mary (August 15)
4. Solemnity of All Saints (November 1)
5. Solemnity of the Immaculate Conception (December 8)
6. Solemnity of the Nativity of Our Lord Jesus Christ (December 25)

Canon 1246

CCC #2177

## **The Precepts of the Church**

- “1. to attend Mass on Sundays and other holy days of obligation and to refrain from work and activities which could impede the sanctification of those days;
2. to confess one’s sins, receiving the sacrament of Reconciliation at least once a year;
3. to receive the sacrament of the Eucharist at least during the Easter season;
4. to abstain from eating meat and to observe the days of fasting established by the Church;
5. to help to provide for the material needs of the Church, each according to his own ability.”

CCCC # 432

## **Days of Penance**

All Fridays of Lent

Canon 1250

CCC #1438

## **General Laws of Fast and Abstinence**

Fast: All adults, 18 up to the beginning of their sixtieth (59) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast and abstinence are educated and introduced to an authentic sense of penance.

Abstinence: All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.

## **Days of Fast and Abstinence**

*Ash Wednesday Good Friday Fridays of Lent* (abstinence)

On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercises of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law.

Canons 1251-1253

CCC #1434, 2043

# BOOKS OF THE OLD TESTAMENT

## PENTATEUCH

Genesis (Gn)  
Exodus (Ex)  
Leviticus (Lv)  
Numbers (Nm)  
Deuteronomy (Dt)

## HISTORICAL BOOKS

Joshua (Jos)  
Judges (Jgs)  
Ruth (Ru)  
1 Samuel (1Sm)  
2 Samuel (2Sm)  
1 Kings (1Kgs)  
2 Kings (2Kgs)  
1 Chronicles (1Chr)  
2 Chronicles (2Chr)  
Ezra (Ezr)  
Nehemiah (Neh)  
Tobit (Tb)  
Judith (Jdt)  
Esther (Est)  
1 Maccabees (1Mc)  
2 Maccabees (2Mc)

## WISDOM BOOKS

Job (Jb)  
Psalms (Ps)  
Proverbs (Prv)  
Ecclesiastes (Eccl)  
Songs of Songs (Sg)  
Wisdom (Wis)  
Sirach (Sir)

## PROPHETIC BOOKS

Isaiah (Is)  
Jeremiah (Jer)  
Lamentations (Lam)  
Baruch (Bar)  
Ezekiel (Ez)  
Daniel (Dn)  
Hosea (Hos)  
Joel (Jl) Amos (Am)  
Obadiah (Ob)  
Jonah (Jon)  
Micah (Mi)  
Nahum (Na)  
Habakkuk (Hb)  
Zephaniah (Zep)  
Haggai (Hg)  
Zechariah (Zec)  
Malachi (Mal)

# **BOOKS OF THE NEW TESTAMENT**

## **GOSPELS**

Matthew (Mt)  
Mark (Mk)  
Luke (Lk)  
John (Jn)  
Acts of the Apostles (Acts)

## **EPISTLES**

Romans (Rom)  
1 Corinthians (1Cor)  
2 Corinthians (2Cor)  
1 Timothy (1Tm)  
2 Timothy (2Tm)  
Titus (Ti)  
Philemon (Phlm)  
Hebrews (Heb)  
James (Jas)  
1 Peter (1Pt)  
2 Peter (2Pt)  
1 John (1Jn)  
2 John (2Jn)  
3 John (3Jn)  
Jude (Jude)  
Revelation (Rv)