

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 Sprit

Wisdom
Knowledge
Understanding
Reverence
Courage
Wonder and Awe
Right Judgement

Is. 11:1-3

CCC #1831

Fruits of the Holy Sprit

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)
Galatians (Gal)
Ephesians (Eph)
Philippians (Phil)
Colossians (Col)
1 Thessalonians (1Thes)
2 Thessalonians (2Thes)
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)