



Summary of The Apostolate's Family Catechism™ Commentaries with Francis Cardinal Arinze

Q. 1. Who is God?

- Supreme Being
- Above Him there are no others.
- He is the explanation of every other being that there is.
- Mystery: In one God there are three persons: Father, Son and Holy Spirit

Q. 2. Who made God?

- No one made God.
- He always was, He always will be
- There wasn't a time when He began to be.
- God doesn't have a beginning.
- If He had been made, He would be a creature.
- He has the fullness of being and explanation.
- He is self-sufficient.

Q. 3. Can there be more than one God?

- There cannot be more than one God.
- There cannot be two beings, each of them supreme. That is a contradiction.
- If there was more than one God, who made the other one? One of them cannot be God because God cannot be created. That is why there is only one God.
- For many people today, their gods are power, pleasure and possessions (PPP), which are creatures that will pass away quickly.

Q. 4. Why must there be a God?

- Because nothing happens unless someone intelligent ultimately makes it happen.
- Scientists study how the world developed but there will come a time when they will ask, who started it all?
- There must have been someone who made those things that have evolved.

Q. 5. Why is God an infinitely perfect being?

- Perfect – containing all the excellence of all possible qualities
- Because He is not limited
- Creatures reflect the goodness of God.
- Anyone can know the goodness of God in the beauty of creation.

Q. 6. What are God's perfections?

- All that we can ever think of in a perfect degree exists in Him in an infinite way, in a way beyond what we can understand.

Q. 7. Is God infinitely good?

- God is infinitely good; there is no limit to His goodness.
- The greater we grow in nearness to God and love of God, the more we appreciate His goodness.
- Our prayer life is very important because it draws us closer to God.
- We should recognize the goodness of God in every situation.

Q. 8. Is God eternal?

- God is eternal because He always was and He always will be.
- Moreover, as He is not limited, there is no sense of ‘before’ or ‘after’ for Him.
- Man is limited because we have a “before” (beginning) and “after” (end).
- Everything is present to Him.
- Immortal – cannot die
- Eternal – always was, always will be

Q. 9. Why is God all-knowing?

- Because He knows all things: past, present and future
- For Him, everything is present.
- God knows everything that we are thinking.
- He is not surprised by anything since he knows it beforehand.
- We are often surprised since we don’t know the future.
- God created us with free will and He doesn’t want to violate that free will.
- Man can use his freedom either for good or bad, but God still respects that freedom.

Q. 10. Is God present everywhere?

- God is present everywhere all the time. His power keeps everything in existence.
- If God was not in a particular place or thing, that place or thing would cease to exist.
- God is present in the Holy Eucharist as both God and man.
- God is there in the Eucharist: Body, Blood, Soul and Divinity
- He is also in the Holy Scriptures by His Word
- He is in the Church: in the Pope, in the Bishops, priests and deacons. Christ gave them His power, “He who hears you, hears me.”

Q. 11. Is God almighty?

- Yes, because He can do everything. He can make everything.
- He can only do things that have meaning.
- God cannot commit sin because He is perfect.
- God is powerful to an extent that is beyond what our limited minds can comprehend.

Q. 12. Is God all-wise?

- God is all-wise. He alone knows everything.
- He knows what is best for all His creatures.
- If there were limitations to His knowledge, God would be lacking and would not then be God.

Q. 13. Why is God all-holy?

- God is all holy because He is everything we can think of in terms of perfection in action. All that is lovable in action, in thought and in will is to be found in God.
- Holiness – being near to God, like God and in accordance to God’s Will.
- God is holiness itself, so we are holy in so far as God’s life is in us.
- The more we grow in grace, the more we become like Christ, the Son of God.
- Jesus is the natural Son of God; we are the adopted children of God.

Q. 14. Why is God all-merciful?

- There is no end to His mercy.
- It is on His mercy that we all depend.
- Psalm: “The mercy of the Lord remains forever.”
- It is in His mercy that we trust because if He would treat us according to our sins, we wouldn’t have a chance.

Q. 15. Why is God all-just?

- Because He is completely honest and fair with everybody
- He is consistent with His own goodness and holiness.
- He gives the sinner an opportunity to repent in this life.
- After death, a person cannot change direction anymore.
- Purgatory allows us to get to Heaven, even if we were not in a state of perfect holiness when we died.

Q. 16. In what ways has God shown His love for us?

- By creating us
- God promised a Savior when man fell into sin.
- He remained faithful to His promise by sending us a Savior to redeem us from sin.
- God loves each one of us. He knows each one of us as unique individuals.

Q. 17. How should we respond to God’s goodness?

- We should find joy in God who gives us hope for eternal life
- We should love Him because He loved us first
- We should do His Will

Q. 18. In what ways do we worship God?

- In the Sacred Liturgy, in the public prayer of the Church, and in the sacraments
- In the Eucharistic Consecration the people offer prayers with the priest and through the priest.

Q. 19. What should we hope to receive from the goodness of God?

- Everything, because there is no other source of good apart from God.
- We should hope to receive the graces we need to live a life for God and for our neighbor.
- The help that we need, especially when difficulties come and we must carry our crosses.

Q. 20. Why is it that so few people pay attention to God?

- Because more of their life is taken up chiefly with themselves rather than God
- They are looking for creatures rather than the Creator.
- St. John says, “Don’t love the world nor the things that are in the world. For all that is in the world is the concupiscence of the eyes (possessions), flesh (pleasure) and pride of life (power).”
- Concupiscence – uncontrolled desire which leads to evil

Q. 21. Does every man have some desire for God?

- Yes, because God is the heart of everyone
- “You have made us, oh God, for yourself, and our hearts are restless until they rest in you.”
– St. Augustine
- Those who know the love of the Holy Trinity feel the strong sense of duty to share that love and knowledge of God to others.

Q. 22. What is the history of salvation?

- Salvation history is a fact.
- It is the history of how God arranged to give us back that life which we lost in Adam and Eve.
- Grace – God’s life in us
- We lost that grace because Adam and Eve offended God in the name of humanity, and their sin affects all of us; but God promised a Savior who will crush the serpent’s head.
- Through our Blessed Virgin Mary, a Savior was born to redeem mankind from the slavery of sin.

Q. 23. How did God deal with mankind?

- He revealed Himself to human beings and He saved us from sin.
- Jesus Christ is the perfect, final and full manifestation of God to humankind.
- God inspired people to write down what would be helpful for our salvation. That’s why we have Sacred Scripture, the Old and New Testaments, which do not contain everything but are sufficient for us to believe, to know and to live.
- St. John says, “Everything that Jesus did is not written down in this book... but these are written so we may believe that Jesus is the Son of God and by believing, you may have life in His name.”

Q. 24. How did God choose to show Himself to the people of the Old Testament?

- As the one personal God, as the Creator, and as the one God who must be worshipped
- The God who brought Israel out of suffering in Egypt, who loves them and cares for them
- He promised them that a Savior would come.

Q. 25. What is the mystery of the Holy Trinity?

- In one God there are three Persons, Father, Son and Holy Spirit
- None is greater than the other and none began before the other.
- Holy Spirit – proceeds from the Father and the Son
- God does not expect us to argue or debate, He expects us to believe — not because He said so but because we understand, enlightened by Faith.

Q. 26. Why do we believe in the mystery of the Holy Trinity?

- We believe because He said it and that’s what Faith is all about.
- When we reach Heaven, we will see Him face to face.

Q. 27. How is the mystery of the Holy Trinity revealed in the New Testament?

- In many ways: Christ Himself often told the Apostles and the people about His Father and the Holy Spirit.
- He referred to His Father when He said, “My Father and I are one.” That is, one God.

Q. 28. What did Jesus reveal about Himself?

- He is the Son of God
- “God loved the world so much that He gave His only begotten Son, so that those who will believe in Him may not perish but may have eternal life.”
- When Philip says to Jesus, “Show us the Father and it is enough for us.” Jesus said to him, “. . .he who has seen me has seen the Father . . . I and the Father are one.”

Q. 29. How was God the Father revealed by Jesus?

- By calling Him by name, ‘Father’.
- “Father” doesn’t mean that He has a body or a flesh because Jesus was not talking about His existence, but He was talking about a concept.
- When Christ drove the moneychangers out of the temple He said, “Don’t make my Father’s house a place for trade.”
- When St. Joseph and Mary were looking for Jesus and found Him in the temple, Jesus said, “Did you not know I must be about my Father’s business.” “Father” here refers to God the Father.

Q. 30. How did Jesus reveal the Holy Spirit?

- As the third Person of the Most Blessed Trinity
- As the Paraclete that will abide in us
- The Spirit that proceeds from the Father that will give testimony of Christ’s life
- The Holy Spirit descended upon Mary and the Apostles during Pentecost
- The Holy Spirit is often symbolized as strong winds and tongues of fire that purify, strengthen and burn away all that is not of high value. Tongues of fire enabled the Apostles to speak different languages.

Q. 31. What did Jesus teach His disciples about God the Father, God the Son and God the Holy Spirit?

- Christ taught the disciples about the true God.
- He told them that He, the Son, is the way to the Father. Those who see Christ have seen the Father, and He is the Way, the Truth and the Life.
- He taught them about the Father by saying that He and the Father are one.
- Jesus also taught His disciples by helping them become sons of God through the gift of the Holy Spirit, the ‘Sanctifier’.
- He calls us to become children of God by adoption when we receive the Sacrament of Baptism, in which the life of God is in us, and it is increased especially when we receive the Holy Eucharist and the other sacraments, and through our good works and prayers.
- Grace – God’s own life given to us by the Holy Spirit.

Q. 32. Who is God the Father?

- Creator of Heaven and earth, of all that is seen and unseen
- The Originator, who Himself is not originated
- He Who generates the Son, and the Love of the Father and the Son is the Holy Spirit

Q. 33. Who is God the Son?

- He is the Second Person of the Blessed Trinity.
- He took on human nature and became man.
- He has no beginning, and is equal to the Father and the Holy Spirit.

Q. 34. Who is God the Holy Spirit?

- The Third Person of the Holy Trinity who proceeds from the Father and the Son
- He is adored and glorified together with the Father and the Son.
- He is the One who inspired the prophets.
- He keeps the Church unified and faithful to Christ’s teachings, and gives the Church all the gifts she needs.

Q. 35. In what ways can we honor the Holy Trinity?

- First, by believing what God has revealed to us and by remembering the life of God in us, which we call “grace”
- Second, by respecting ourselves and other human beings, and by honoring things and places that are sacred like the Church, Bible, etc. since everything belongs to God
- Third, by sharing the Truths of our Faith, which are a gift from God
- Fourth, by loving those who are in need: the poor, the refugees, the suffering

Q. 36. What is Creation?

- Created things out of nothing - God didn’t need materials.
- God made the visible and the invisible, and things that we cannot perceive with our senses.
- All creation shows the goodness of God.

Q. 37. Can we know God through created things?

- Through created things we can know God.
- Created things direct us to God. Psalm 19 says, “The Heavens show forth the glory of God and the firmament declares the work of his hands.”
- Every creature tells us something about God.

Q. 38. When did the mystery of salvation begin?

- God created the angels, the invisible beings.
- Then He created the visible world, the universe, in which God created the human being, who was led to disobey Him.

Q. 39. Who are the angels?

- They are pure spirits created by God that don’t have bodies but have an intellect and a will, which means that they are persons.
- They know and love, and are far superior to human beings.
- They understand God’s goodness and beauty, and have the freedom to love and praise Him.
- There are thousands and thousands of good angels who chose to do what God wanted.
- Archangel Gabriel – brought good news to Mary that she would conceive the Son of God.
- Archangel Raphael – accompanied Tobias on his journey and helped him to get medicine for his father.
- Archangel Michael – the leader of the Angels who drove the devil, Lucifer, and the rebel angels into hell.

Q. 40. Who are the devils?

- They are the fallen angels who, together with Lucifer, said to God, “We will not serve”.
- They refused to obey God. That is why they were thrown into hell and will suffer forever.
- They will never be with God and never get back to Heaven.

Q. 41. Where are the angels who remained faithful to God?

- They are with God in Heaven. They see God as He is.
- They adore God with joy.
- Guardian Angels are angels assigned to each one of us to help us in our journey, in times of danger and also in moments of joy and success.
- These good angels should be invited in, unlike the bad angels who force themselves into our lives and disturb us.

Q. 42. How was man created?

- First, from the dust of the earth. God breathed a body and then a soul into this and it became a living being. That was on the sixth day of Creation.
- Then, He created the woman.
- Pope John Paul II often says, “Man is the creature God has made not as a means to another but as an end.”

Q. 43. In what way was man created in the image and likeness of God?

- God made us to be something like Him through the power to know and to love through our intellect and will.
- Our body is a sign of God’s perfection. Body and soul make up the human being.

Q. 44. Is the soul directly created by God?

- The soul is directly created by God.
- Procreation is the parents’ (mother and father) action that they both contribute to bring forth a child of their own, but God still gives life.
- Parents are partners with God in the making of a human being.
- Abortion and contraception are wrong. Abortion is the killing of a human being from the beginning of that being’s existence.

Q. 45. What special gifts did God give to Adam and Eve?

- Original innocence, intelligence higher than man
- They did not have concupiscence; they were created without any inclination toward evil.
- God also gave them freedom but they used it incorrectly by disobeying God.
- Jesus Christ – new Adam; Mary – new Eve.

Q. 46. What commandment did God give Adam and Eve?

- Not to eat the fruit that grew on a certain tree
- Through the disobedience of Adam and Eve, we inherit what we call original sin.
- That’s the reason why we suffer on this earth and are inclined to commit sin.

Q. 47. What was God’s first gift leading us to Christ?

- The creation of man, the human being, Adam and Eve
- Man had a mind in order to know his Creator, and a will to love Him and to reach eternal happiness with Him.
- Man has to love God first so that he can attain eternal happiness.

Q. 48. What did God's action in the Old Testament reveal and prove to us?

- It showed power, love and care for His people. It also showed His providence.
- He showed His power in creation, all the wonderful things that He made.
- He helped and guided His people to the Promised Land, gave them protection and victories in battle.

Q. 49. In what event is God's all-powerful action for our Salvation especially seen?

- It is especially seen in the Resurrection of Christ on the third day.
- Resurrection of Christ – center of our salvation
- It includes the teaching, suffering and death of Christ, but most especially the Resurrection.

Q. 50. How should we regard creation?

- We should look on things that God has created as actions of God's love for us.
- The whole world was created for us in order to lead us to God.

Q. 51. How was God especially present in the history of man?

- Through His power within us, to continue the saving work of our salvation until the end of time
- Liturgy – public prayer of the Church, the highest act is the Mass
- Solidarity – interdependence accepted freely, not by force

Q. 52. How is God present to us in our own day?

- God is present in human history today. He uses His power to help us to make this world better.
- Religion should unite all our efforts as citizens. It is not limited only in attending Mass. In fact, it is also by doing God's Will for each one of us.

Q. 53. What was the Original Sin?

- Disobeying God by using their freedom wrongly.
- Adam and Eve didn't trust God, and they even challenged God because of their pride.
- Then original sin was committed, and we inherit it.

Q. 54. Why are all men conceived and born in Original Sin?

- Because all human beings are descendants of Adam and Eve
- Original sin – being born without the life of God or grace in the soul – deprived of supernatural gifts
- We are also inclined to evil and are weak in our efforts to do good.

Q. 55. What happens in Baptism?

- God unites our soul to Himself.
- The Holy Spirit is poured into our soul.
- Original sin is removed and our soul is given a share in God's own life.
- We become adopted children of God and we become members of the Church.
- The person has the capability to praise God with the Church.
- Baptism is the key to Christian life and opens the door to receiving the other sacraments.

Q. 56. Was anyone exempt from the original sin?

- Yes, two people, Christ and the Blessed Virgin Mary.
- Mary was exempt from original sin. God willed it so because of the merits of Christ, in view of the assignment God was to give her to be the mother of the Son of God, who would take on human nature.
- God preserved Mary from original sin. She was never to be under the power of the devil, the father of lies.
- She was always pleasing to God, full of grace.
- She had no inclination to evil. She had no personal sin either.
- Mary was “full of grace” – full of God’s presence
- Mary is the Immaculate Conception.

Q. 57. What is personal sin?

- It is when the individual knowingly and willingly breaks the law of God.
- It is a willful disobedience to God, whereas in original sin, Adam and Eve committed the sin, and we inherited it as their descendants.

Q. 58. What happens when someone commits a personal sin?

- The sinner fails in the love of God, turns away from God.
- If it is a mortal sin, it is a total turning away from God.
- Mortal sin is the most serious type.
- Mortal sin takes away the life of God in us. It kills the life of grace. The Blessed Trinity would no longer inhabit the soul. If anyone would inhabit the soul, it would be the devil and the person’s selfishness.
- Mortal sin is consciously choosing something that is gravely against the Will of God.

Q. 59. What is mortal sin?

- The person who deliberately chooses any action gravely forbidden by God commits mortal sin.
- It is a total turning away from God.
- It is an offense against God in a grave matter in which a person is fully conscious of what he is doing.

Q. 60. What are the effects of mortal sin?

- The effect of mortal sin is total separation from God.
- The life of God is no longer in the soul.
- It results in many other evils.
- It removes the life of grace and the merits of any good action we did in the past.
- It also procures for the person eternal punishment in hell. If the person were to die in that state, it would follow that the person would be separated from God forever.

Q. 61. What is a venial sin?

- Venial sin is also an offense against God.
- It is not a total turning away from God unlike mortal sin.
- It doesn’t remove the life of God from the soul. That means it doesn’t take away the friendship that a man established with God.
- Venial sin should not be taken lightly.

Q. 62. Under what condition does a Christian commit a mortal sin?

- There are three conditions:
 1. The matter itself must be grave.
 2. The person must know that it is a grave matter.
 3. The person must freely decide to do it, not by force and not by fear.
- If one of the three conditions is lacking, it may still be a sin but not a mortal sin.
- Fundamental option – you can't really commit a mortal sin unless you totally divorce yourself from God consciously – this is not acceptable and it is wrong.
- Examples of mortal sin that are just one act – adultery, killing
- Sins of impurity are mortal sins.
- Receiving communion in a state of mortal sin is a sacrilege.
- A sacrilege is a defiling of a sacred thing, and the Holy Eucharist is the most sacred thing of all since it is the Body and Blood of Christ.

Q. 63. When is an act right or wrong?

- An act is right when it is according to the will of God.
- An act is wrong when it is against the will of God.
- The person who loves God will want to do what God wants.
- Our whole life should be an offering to God. Sin is the opposite of it.
- It is the duty of parents to correct their child if he or she is in serious sin.
- Placing oneself in an occasion of sin is already a sin in itself.

Q. 64. How do we know God's will?

- Through Holy Scripture
- Teachings of the Church throughout the centuries
- Those who teach us authoritatively: the Pope, the Bishops
- Through spiritual direction

Q. 65. What must we believe concerning God's forgiveness?

- We must believe that God loves us; that God hates sin but love the sinner.
- He is ready to receive us back and He will give us grace to return to Him.
- Christ teaches us through the parable of the "prodigal son" that the one who offends God but then repents and returns, will be received back by God.
- Christ gave the parable to teach us how God not only waits for us to come back but also goes out looking for us when we have left His ways.

Q. 66. How does God draw all sinners to salvation?

- The formal forgiveness, pardon, reconciliation, receiving back of the sinner is what we call the Sacrament of Penance or Reconciliation or Confession.
- Through movements, which we call grace
- God makes the sinner realize that sin will not give happiness.
- Through the good lives of other people, through the good advice given by others, through a word from our parents, through the example of our teachers, our priests, our parents, our friends
- If people keep watching evil things, or things that lead to evil, then obviously, they will be thinking of evil more often.
- There are many ways that God leads us back if we accept Him. God doesn't use force.
- The person who is a friend of God loves God, and gets more actual grace to grow in His love.

- When we're in the state of grace, we can be meriting actual graces for ourselves, our loved ones and other people. We can pray for them that God will give them actual graces to turn around, to come back.
- The prayers of parents for their children are very effective before God.

Q. 67. How are venial sins forgiven?

- They can be forgiven by our turning to God in a very intense way. What we call acts of charity, not just reciting a prayer but a grace, a desire for God, a love of God. It is very close to an act of contrition. That means that it really pains us that we offended God who loves us so much.
- Through good works
- Venial sins can be removed by good works like helping a poor person, like accepting hot or cold weather and offering to God our tiredness, poverty, hunger, thirst, sickness, etc.
- Venial sins can be forgiven through the Sacrament of Reconciliation or Penance.
- Anyone who is conscious of mortal sin must go to the Sacrament of Penance.
- A person in venial sin is not bound to go to Confession before receiving Holy Communion. However, the Church also advises us to go to confess our venial sins.
- If you want to make greater progress in the spiritual life, you will have to go to the Sacrament of Penance more often. Say, once or twice a month. We are not presuming that these people have mortal sin. Some of the great saints went to Confession every week.
- The Sacrament of Penance not only forgives our sins but also gives us more grace. Grace to endure the problems that we have in our family. It gives us more strength to live our life according to our vocation. It gives us God's help, which we call actual grace, to resist temptations and correct our major faults.

Q. 68. What is a capital sin?

- A human weakness from which the other ones proceed

Q. 69. What are the capital sins?

- The capital sins are: pride, avarice, lust, anger, gluttony, envy, and sloth (laziness).
- The best way to overcome these capital sins is to practice the virtue that's the opposite of them.
- Pride –seeking self honor, ambition and vanity. We are called to be humble and accept a lower position.
- Lust –immoderate desire for pleasure in matters pertaining to chastity. Purity, or chastity, is the virtue that opposes the vice of lust.
- Avarice – an immoderate seeking for wealth, for material things, especially money. Money in itself is not bad. But when a person seeks it, loses sleep over it, and is ready to do anything for the sake of money, then the person is committing sin. It can be stealing, fraud, injustice, embezzlement, or stinginess. Sins of omission include refusing to give to those with less.
- Anger – a loss of temper and a loss of self control in unpleasant situations. It occurs when we rage, when we quarrel, or when we gossip. Some people engage in physical beating, pushing and breaking things. One harsh word said in anger can break friendships and damage family relationships.
- Gluttony – the sin of those who eat more and more, drink more and more. They either don't know when to stop, or they do know when to stop, but don't. Even watching too much television can be gluttonous.
- Envy – refusing to be happy because another person is doing well. It is also a sadness of mind that another person is better than us. We should praise and rejoice in God. We can come dangerously near to not loving that person, even to hating that person or wanting evil to befall that person. We should always strive to love others.
- Sloth – laziness in doing one's duty to God or to others. Examples: not going to Mass and leaving out prayers. It can make us neglect our duty, especially when it is unpleasant, like parents who

have to correct their children. We should develop the gifts God gave us for His glory and for the good of our fellow man. Zeal is important.

Q. 70. What is temptation?

- Temptation is an invitation to evil. It comes from inside us or it can come from other people.
- It can come from things and from the devil.
- Temptation is not yet a sin, but if we give in to it, it becomes a sin.

Q. 71. Where do temptations come from?

- The world, the flesh and the devil
- When we say the world, we mean all that is going on in the world that is not according to the Will of God. When we say the flesh, it is within us because we ourselves are weak.
- Every time someone sins, it gives the devil more power to tempt the whole world, the Mystical Body of Christ. One person's sin affects others, just as another person's good affects another.
- When we give all our merits to Mary, she multiplies them by her own incalculable merits. This puts into motion positive spiritual forces to repair the damage due to sin, and will significantly change the course of history if enough people make this commitment.

Q. 72. What is the greatest of God's works?

- The Eternal Father sent His Son who took on our human flesh.
- The Son of God become a man, which is called the Incarnation.

Q. 73. What does the Incarnation mean?

- The Second Person of the Blessed Trinity, the Son of God, became man
- Taking on the human nature – body and flesh
- This begins when Mary consents to become the Mother of Jesus
- The beginning of our salvation

Q. 74. Why did the Son of God come to earth?

- For love of us and for our salvation – this comes from the Creed
- To show His love for us
- To save and free us from sin
- To bring down His divine life to liberate the world
- In order to re-unite humanity as God's children
- To bring us the life of God to become His adopted children (salvation)
- To show that God's mercy is super-abundant and God's goodness is overflowing
- There is no greater love than to lay down one's life for one's friends.

Q. 75. Why is Jesus true God?

- He is the Second Person who took on a human nature.
- He began to be a human being on the day of the Incarnation.
- Jesus is God indeed, the same Person that is divine.
- The Second Person of the Blessed Trinity
- He is the Emmanuel, meaning "God with us".

Q. 76. How does the Nicene Creed express our faith in the divinity of Christ?

- Speaking of the divinity of Christ, the Nicene Creed states that: "God from God, Light from Light, true God from true God, begotten not made, one in being with the Father."
- God the Son from God the Father
- Son of God but not made in human terms
- One substance: what the Father is, is God; what the Son is, is Christ

- He is God made man
- Because He is God, He came to save us.
- Because He is man, He suffered and died for us.
- It is to Jesus with the Father and the Holy Spirit that we pray: “Glory be to the Father, and to the Son, and to the Holy Spirit.

Q. 77. Did Jesus say He was God?

- Yes, He did
- “I and the Father are One”
- Son of God and Son of man
- He has a human nature and a divine nature.
- Jesus is the center of our Catholic faith.
- God said, “This is my beloved Son.”

Q. 78. Did Jesus say He was God during His Passion?

- He did, at the Last Supper on the night before He died
- He prayed aloud to His Father.
- All power and all authority come from God.
- In three days I will live again.

Q. 79. Does the Catholic Church teach Jesus is truly God?

- Yes, the Catholic Church has always taught, and will always teach that Jesus is truly God.
- Eternal Son of the Father Almighty, Lord of all, who dwells in us
- Jesus, the man, is also the eternal Word of God.

Q. 80. Is there any further evidence in the New Testament pointing to Jesus as God?

- Confession of faith in the divinity of Christ “My Lord and My God”
- Christ, the Son of God
- He is indeed God but took on a human nature
- God did not hesitate to give up His splendor
- It is seen in the Transfiguration
- Divinity is acknowledged by faith, which believes it and confesses it.
- In the Father, through Christ the Son, in union with the Holy Spirit, one God forever and ever
- Blessed Trinity
- Through Jesus Christ Your Son our Lord who lives with You and the Holy Spirit

Q. 81. How does the New Testament portray Jesus?

- It shows Jesus as acting with dignity, with stature, and with a consciousness of who He is as possessing the power of God
- Totally at home in two natures: at home in the Word of God and at home in the word of man
- Totally in control of the situation

Q. 82. Is Jesus Christ true man?

- Yes, the Son of God became real man.
- He was really conceived by His Mother, Mary.
- He was really born in Bethlehem and grew up in Nazareth, then went to Jerusalem.
- He spoke as a man.
- He suffered and died on the cross as a man.

Q. 83. How did Jesus show His concern for men?

- He became one of us, taking on our human nature.
- He went through what we go through, everything except sin.
- He gave us teachings on the ways of God.
- He performed miracles and gave us the Church.
- He gave us the Holy Eucharist.
- He signified what was being accomplished

Q. 84. Why did Jesus Christ become man?

- He became our paschal lamb so that we could go to heaven
- For us men and for our salvation
- To be our Savior and Redeemer

Q. 85. What does it mean to say that Jesus Christ is our Savior?

- He brought us back to God
- He freed us from the slavery of sin – both from original sin and our personal sins
- He brought us the life of God, which we refer to as grace
- He made us adopted children of God, so that with this new life which Christ won for us we can be accepted by God
- When those who died in the state of grace reach heaven then the work of salvation is complete
- There is no salvation by any other name, because this is the only name given to man for salvation; that means Jesus Christ is the one and only Savior

Q. 86. Is there any other Savior?

- There is no other Savior and there is no need to wait for any other one.
- Christ is the One that is to come and we are not to look for another.
- There are signs of the messianic kingdom, the Kingdom of God has been inaugurated by the Savior.

Q. 87. How did Christ redeem mankind?

- By His life, teaching, miracles, suffering, death, and especially His resurrection on the third day
- By ascending into heaven and sending the Holy Spirit to the apostles at Pentecost, whom He had gathered as the beginning of His church, and whom He sent out and strengthened through the Holy Spirit
- He sent us His Mother too

Q. 88. What did the agony and prayer in the garden express?

- The agony in the garden, when Christ foresaw that He would suffer on the cross, is when Jesus perspired blood, which showed how intense the suffering of Christ was to be.
- It shows us how much He loved us. He loved us so much.
- He was praying to His Father, very conscious of being both God and man.
- It is a manifestation of God's boundless love for us.
- It is a sign that Christ has freely laid down His life.

Q. 89. Why were the sufferings Christ bore for us so severe?

- Because we human beings have rejected the infinite love of God
- He was suffering because of our sin.
- He was rejected because of our sin.
- It is a symbol of the rejection the sinner must feel. Christ didn't sin, but He suffered because of our sins, and our sins caused our being rejected. It is a sign of death.

- It is also a sign that Christ may have been praying Psalm 21.

Q. 90. Before His death what trials did Jesus undergo?

- Before He died, He was first arrested, which is an insult to a person who had been working miracles and has been teaching everyday.
- He was betrayed by Judas.
- He was falsely accused again and again in front of Pilate.
- He was treated cruelly.
- He was slapped by a servant.
- He was spit upon.
- He was crowned with thorns.
- He was flogged like any criminal.
- He was condemned by the cowardly Pilate.
- He was abandoned by His apostles; out of the 12 of them, only John had the courage to reach Calvary.
- He was even spoken against by one of the thieves crucified with Him.
- He carried the cross, which was so heavy that they feared He would die before reaching Calvary, so they got Simon of Cyrene to help Him.
- He suffered for us; man has no greater love than this.

Q. 91. What was Christ's mission on earth?

- He was sent by His Father to save us from sin and hell.
- To bring us with Him to the kingdom of heaven, His Father's house
- He did it by His suffering and death.
- He came to gather the scattered children of God.
- He came to build up the new family of God, the Church, the new kingdom of God, the new people of God, and the new house of God.
- To gather us from all the nations to be the new Israel.

Q. 92. In what sense do we speak of the necessity of the Passion and death of Jesus?

- The Passion and death of Jesus Christ is necessary in the sense that God the Father used it to save us.
- To show His great love for us in a bigger way
- To help us stubborn humans to realize the seriousness of sin
- Christ had to suffer in order to enter into His glory, so that salvation could be brought to the people.

Q. 93. Did Jesus Himself declare that He had to suffer?

- Yes, He told His disciples that He had to suffer in order for them to enter into His glory.
- When He prophesied the Passion before he suffered, he told his apostles they were going up to Jerusalem and the Son of man would be handed over to the Jews. He told them that the Jews would scourge Him and flog Him, but that on the third day He would rise again.

Q. 94. What did Jesus suffer upon the Cross?

- Jesus suffered on the cross with inexpressible pains.
- The Roman authorities reserved Crucifixion for subject people. They never crucified Roman citizens.
- Jesus suffered not just physical but also a feeling of abandonment, both by His Eternal Father and by His apostles.
- Think also of the suffering of Christ when he saw His Mother, whom He loved more than He could love anyone else, suffering.

Q. 95. What are the “seven last words” of Jesus as recorded in the Gospels?

1. “Father, forgive them, for they know not what they do.”
 - It shows us the depth of love which Christ had for everyone, even the very people who are crucifying Him. Many of them had seen His miracles and had made false accusations against Him, and Pontius Pilate condemned him. They mocked Christ on the cross and said, “If you are the Son of God, come down from the cross.” It was at that moment He prayed for them.
 - No one has greater love than this

2. “Amen I say to you, this day you shall be with Me in paradise.” (to the thief who had been crucified with Him and who asked for mercy)
 - It shows us that we should never despair of God’s mercy.
 - It shows that, no matter how black our sins may be, if we repent God will accept us.
 - God will forgive us if we turn to Him.
 - It is the fault of the sinner if the sinner does not come to God.
 - God is full of mercy, abounding in mercy, infinite in mercy, rich in mercy

3. “Woman, behold your son.” (to His Mother); “Behold your mother.” (to St. John)
 - John stands for all Christians who are followers and brothers of Jesus, and therefore children of Mary.
 - Mary is our Mother in the spiritual order because she is Mother of divine grace. She is Mother of our Savior and we are saved because we become like Christ.
 - If you are Christ-like, that is, Christian, then you are a child of Mary even if you are not aware of it.
 - John represented the Church as he stood at the foot of the cross. Jesus was not just speaking to John; He was speaking to the whole Church, and in a sense, to all humanity.
 - Mary is the Mother of all humanity, not just those who have accepted faith and baptism.
 - Christ, by taking on human nature, united Himself somehow with each one of us and our share in the salvation worked by Christ. His Mother comes into it, and it’s inescapable because she’s the Mother of not only Christ, but the whole mystical body of Christ, the Church.
 - Mary is not just one human being alongside others.

4. “My God, my God, why have You forsaken Me?” (to His Father in the prayerful words drawn from a prophetic Psalm)
 - The experts on scripture and theology tell us that Christ must have been reciting Psalm 21, which the Church recites on Fridays at the mid-day hour. It is the Psalm of God’s seven sufferings, in which he felt intensely abandoned by His Father. This is a mystery to us because as the Son of God, Christ was linked with His Father, and yet as true man He felt abandoned.
 - It indicates that His suffering was really intense.
 - It is also a sign of what sin causes. Sin causes loneliness and abandonment.
 - Christ suffered on the cross because of our sins. As St. Paul said, “God made Him suffer because of our sins.”
 - It is the feeling of rejection and betrayal by those you love.

5. “I thirst.”
 - He thirsts for our love, our souls.
 - He came for us.
 - He thirsts for us.
 - Christ wants us to love Him. He doesn’t need us but wants us to love Him.
 - Refers to spiritual hunger and thirst

6. "It is finished."
 - Christ completed the work His Father gave Him to do.
 - Christ had said before that he would lay down his life and take it up again. He was not compelled by the Jews to be killed.
 - He freely gave His life because His time had come.
 - He did it because it was His Father's will.
 - The New Testament began in His blood.
 - Christ died for us on the cross and rose again.
 - He wants us to associate ourselves with Him.
 - We must also offer ourselves.
 - Every grown-up who can make a free act of choice must contribute. In this way we take possession of the salvation Christ worked for us.
 - It is our own personal commitment. Our own personal acceptance of that redemption which associates our sufferings with those of Christ. In Christ, through Christ and with Christ. Our own cross will always be small compared to the cross of Christ.
 - Suffering has meaning in the Christian life. It has value for salvation because it is not endless. It is associated with Christ.
 - When people complain because of their suffering, they get angry and yet they still suffer. They do not have spiritual merit for their suffering. They have wasted their suffering.
 - We don't go looking for suffering. Whether you look for it or not, some suffering will come your way in life. You will have your cross but it will never be more than you can handle. God will never allow us to be tried beyond our strength. He will give us the grace to bear that cross and offer it with Christ, in Christ and through Christ, and all our suffering will have value for salvation.

7. "Father, into Your hands I commend My spirit."
 - That was the moment He breathed His last.
 - Christ had shown us how to live. Now He shows us how to die.
 - All of us would like to die in that way, conscious up to the last moment.
 - Christ refused to take the anesthetic drink they offered Him to numb His feelings so that He could suffer consciously. Now He is saying to His Father, "My last breath I turn over to You. Mission accomplished."

Q. 96. How did Jesus die?

- Christ died on the cross, crucified after terrible torments. He was fully conscious up to the last moment, when He commended Himself to His Father. He said, "It is finished", and bowed His head and died.

Q. 97. What effects did the Passion of Jesus have?

- The Passion of Christ had wonderful effects.
- Through His suffering, death and resurrection, Christ saved us from sin and its consequences.
- It is the promise God made when Adam and Eve offended God. God promised a Savior.
- It was the central act of our salvation
- Christ died on the cross, and merited for us what we could never merit for ourselves.
- Since Jesus is God, the effects of His merits are infinite. As a human being, He could suffer. The same person God and man
- His suffering merited our salvation in an infinite way, making reparation as only He could, both for original sin and for our own personal sins.
- Mary is the perfect model for uniting ourselves to Christ's cross because she is the associate of the Savior. From the beginning, when God promised a Savior, the Mother has been associated with that Savior.

Q. 98. How did Jesus Christ show the power He has as the Son of God?

- Jesus was made known to us as God's Son through His Resurrection.
- God raised Him from the dead.
- Christ said, "Destroy this temple and in three days I will raise it up." Christ was not speaking of the material temple; He was speaking of His Body.
- He told the apostles, "The Son of Man will be handed over to be crucified, on the third day He will rise again."
- St. Paul tells us that the Resurrection is the rock foundation of our faith because it's the proof that this is the Savior, and exactly what He said would happen, has happened. He laid down His life and He took it up again.
- As He Himself said, "If you keep my commandments you will remain in my love, just as I have kept my Father's commandments and remain in his love." John 15:10

Q. 99. Why is the Resurrection of our Lord so important?

- It is very important because, as St. Paul said, "If Christ had not risen, than our faith would lose its major foundation."
- If He had not risen on the third day, then those who crucified Him would have won victory over Him. It would mean that everything was over on Good Friday.
- The apostles would be scattered, and they would not know what to do anymore
- Since Christ did rise on the third day, everything fits into place.
- The Resurrection, therefore, is the center of our faith.
- It is indeed the Paschal mystery (the mystery of the suffering, death and resurrection of Christ)
- Christ has suffered, Christ has died, Christ is risen, Christ will come again

Q. 100. Why does the Resurrection of Jesus play a central part in the life of faith?

- The Resurrection plays a central part in the life of faith because it is the key event underlying our whole faith.
- Easter is the central day.
- The Resurrection is the rock foundation of our faith.
- We are follows of the One who died and rose again.
- The Resurrection is the seal of our faith.
- It is the divine manifestation, "This is my Son, listen to Him. He is the conqueror of death and sin. He rose from the dead." It guarantees that we also will rise.
- Easter remains crucial to our faith.
- The Resurrection is the greatest feast day.

Q. 101. What was the Easter proclamation?

- The angel said to the women who came to anoint the Body of Jesus "He is not here, He is risen." The Easter proclamation says that Christ, who died on Good Friday, did not remain in the grave. After the third day, He rose from the dead and is no longer there. He is now in a new life of glory.
- Christ has a risen body, no longer subject to suffering.
- Christ is risen; a form of existence that we are not accustomed to

Q. 102. How did Jesus lead His Apostles to faith in His Resurrection?

- He told them that He would be crucified and that on the third day He would rise again.
- After the Resurrection He appeared to them many times.
- Christ showed them in many ways that He was alive after the Resurrection.
- He promised the Holy Spirit would be with them, and make clear to them everything He had taught them.

Q. 103. How did the Holy Spirit lead the Apostles toward faith in the Resurrection of Jesus?

- The Holy Spirit gave the apostles an “inner light” which we call faith.
- Faith is an order of knowledge beyond our own natural intelligence.
- It is God who gives that knowledge.
- We must have humility; that is, obedience of our wills to God.
- The Holy Spirit guides the apostles with faith (spiritual enlightenment), confirming what Christ had said to them because they were to be witnesses of the Resurrection.
- They were to preach that Christ had been crucified and had risen.
- The Holy Spirit came down upon the apostles and they received the seal to go out and preach.
- When we have courage to show our faith it is really a grace. This grace within us is God’s power that is working in us through the Holy Spirit.
- It is God who continues to give us the strength to go ahead.
- It is the mystery of God’s grace how we weak creatures, working under the influence of the Holy Spirit, can do things that we could never have imagined ourselves able to do.
- Humility is truth.
- If we depend on God, we are safe. If we want to depend on ourselves, we are lost. We must rely on God.
- We depend on God and the divine guarantee that He gave the church, but we must do our own part as well.

Q. 104. What does the Church teach about the Resurrection?

- The Catholic Church teaches that Jesus Christ the Son of God rose from the dead by the power of His Father and by His own power on the third day. Therefore, on that Easter Day, Christ, Body and Soul, got up from the grave. He is not there anymore. He is risen.
- He truly died on Good Friday and He truly rose again on Easter Day. It is very necessary to believe that.
- Resurrection is not a way of speaking; it is just a fact. He rose on the third day. The proofs in Holy Scripture are abundant for those who have faith, who are willing to accept the Word of God.
- The Old Testament was finished and the New Testament was started in the Blood of Christ.
- The Redeemer who was promised for centuries has now come, and there is no other redeemer to be hoped for or to be waited for. The One who was to come has come.

Q. 105. What does it mean to believe in the bodily Resurrection of Jesus from the dead?

- It means to believe that the Son of God made man died, rose again on the third day, conquered sin and death, and gave us the possibility to have a share in this mystery.
- It gives us a promise and a guarantee that we can also conquer sin, and that our lives and our sufferings can be united with His so that we can also be saved.
- It means that Christ makes graces available to us through His Church, because He made this Church to continue to share the results of His saving work.

Q. 106. What has Jesus Christ done for us through His Resurrection?

- Jesus Christ offers eternal life to everyone.
- He offers us the promise that we will live forever, a life that will never end.
- If we have followed His ways on this earth, He will give us eternal life. He said, “He who eats my Body and drinks my Blood will have eternal life, I will raise him up on the last day.”
- The Holy Eucharist guarantees us eternal life and resurrection.
- Through His Resurrection, Christ has given us new life and a promise of eternal life, provided that we do our part to be faithful to Him, by striving to live the mysteries of Christ in the Church.
- A person could, without going away from God, stop going towards God due to our imperfections and venial sins. But mortal sin would be going away from God altogether.
- As we take part in the sacraments each year, we continue to grow in the state of grace.

Q. 107. How does the risen Lord now help us?

- He gives us help through a life of grace (that life of God in us) to do good in spiritual matters.
- He gives us the Holy Spirit to guide us.
- He gives us the Church.
- He gives us His Blessed Mother.
- In the Church we have the Pope, the Bishops, the teachings, the Sacraments, and the sermons. We have the good example of our fathers, brothers, sisters, mothers, husbands, wives, etc. monks, nuns. Then we have the whole Church as a parish and as a diocese. All these things are part of the ways the risen Christ helps us to respond to His saving message today.

Q. 108. What is the meaning of the Ascension of Christ?

- What it means is that forty days after Christ rose from the dead, he ascended into heaven. In those forty days He stayed on earth and appeared to the Apostles many times.
- It means we must spread the gospel. All of us have a share in spreading the message of Christ.
- Every member of the Church, by virtue of his baptism, gets a share in the apostolate of the whole church.
- Anyone who doesn't do his/her part is a deserter, a soldier running away from the warfront. In this case, it is not war to kill anyone but a great battle to share and defend the faith.
- Christ called each of us to battle.

Q. 109. What are the two distinctive aspects of the mystery of the Ascension?

- One aspect is that Christ as Man, is glorified (He "sits at the right hand of the Father")
- The other aspect is that, He has accomplished the ministry (the assignment which His Father gave Him on earth). Now it is the Church's job to continue the rest. There are two who are in heaven body and soul – Jesus and His Blessed Mother Mary. All the others, the saints, only their souls are there. Not until the end of the world will their bodies be united with their souls once more.

Q. 110. What has Christ done for us through His Ascension?

- Through His Ascension Christ has given us a participation in His Divine Life. At Mass, the priest drops a bit of water into the wine and says, "By the mystery of this water and wine, may we come to share in the divinity of Christ who humbled Himself to share in our humanity." Because the Son of God, in His divine nature, took on a human nature and became one of us.
- He has given us the honor of being His witnesses because He gave us a mandate to carry His message to the ends of the earth.
- Through His Ascension He has also given us a promise that we shall reach our home in heaven if we follow His way. He is there waiting for us.
- The life of God grows in us. We call it grace.
- God lives in us and raises the level and the merit of our actions.
- As long as we are on earth, we can grow in our merit.

Q. 111. How is Christ present with the Church?

- Christ is present through His Holy Spirit. The Holy Spirit guides the Church, unites the Church, and keeps it always faithful to Christ. The Holy Spirit also guides those who lead the Church, particularly, the Pope, the Bishops, the priests, and the deacons, all those who are ordained.
- Christ is present through the Sacraments. When anyone baptizes, it is Christ who baptizes. In marriage as well, where Catholic theology holds that the man and the wife are ministers of grace to each other. But every minister of any sacrament is only acting as an instrument of Christ. Christ is the chief person acting in any sacrament. These are major celebrations, and the greatest of them all is the Holy Eucharist. Christ is present not only by His power but by His presence as God and Man – the real presence. We receive Him in the Holy Eucharist, in Holy Communion. He is in the

tabernacle. He is on the altar from the moment of consecration, when bread and wine become the Body and Blood of Christ.

- Christ is also present in the Church through His Word, when the Word of God is read in the assembly of the faithful. That is why we say, “the Word of the Lord”.
- Christ is present in those who work in His church.
- Christ is present in our brothers and sisters who can edify us by their lives.
- God can speak to us in many ways.

Q. 112. What is God’s plan for us?

- God’s plan for us is that we will live in this world.
- To come to know Him
- To listen to Him
- To follow His ways
- To have Faith
- Receive the sacrament of Baptism
- Live a Christian life
- Prepare for our final Salvation
- God has a plan for each person.

Q. 113. Why is Jesus Christ the center of all God’s saving works?

- Christ is the center because in God’s plan of salvation, salvation is from Christ and we are saved because we are like Christ.
- We become holy because we are like Christ.
- We follow God’s will because we follow Christ.

Q. 114. Who is the Holy Spirit?

- The Holy Spirit is the Third Person of the Most Blessed Trinity. Our faith tells us that there are Three Persons in one God; Father, Son, and Holy Spirit.
- The Holy Spirit proceeds from the Father and the Son.
- Together with the Father and the Son, He is adored and glorified.
- The Holy Spirit is equal to the Father and the Son.
- He is the love of the Father and the Son.
- The Holy Spirit then, is the love which the Father has for the Son, and the Son has for the Father.
- This is something beyond our understanding. But it is a fact of our faith and it is revealed in unmistakable terms by our Savior Jesus Christ.

Q. 115. The Holy Spirit proceeds from the Father and the Son. What is meant by this?

- The Father and the Son love each other infinitely.
- The Holy Spirit is Love so perfect as to be a living love. We call this love, the Holy Spirit.
- We must not expect our meager human language to capture the depth of this highest mystery of our faith.
- Since our human language will always be weak when referring to such deep mysteries, it can only reflect, not fully explain this mystery.

Q. 116. What did Jesus Christ say about the Holy Spirit?

- Jesus Christ told us often that there are Three Persons in God. He speaks of His Father in many places in Holy Scripture.
- He promised the Apostles, “It is better for you that I go because if I do not go the Comforter will not come to you, the Paraclete, the Advocate. He will teach you all things. He will make clear to you whatever I have said to you. I will ask my Father and He will send you another Paraclete (he

means Christ is first sent by the Father).” Then He asked the Father to send the Apostles the Third Person.

- Pentecost – The Holy Spirit has been promised to the church to fulfill a vital role in the life of the church at every moment.

Q. 117. When did the Holy Spirit come to the Church?

- The Holy Spirit was sent by Christ.
- He descended on the early church on Pentecost Day.
- The Acts of the Apostles tells us clearly that after Christ died, rose again, and went up to heaven, the Mother of Christ was with the apostles and that they were praying. It was the greatest novena ever made (nine days of prayer between Ascension and Pentecost).
- While they were praying on the morning of Pentecost, tongues of fire descended on each of them like a strong wind.
- They began to speak languages that they did not know before.
- It became very clear what Christ had taught them.
- They also began to preach Christ’s words. On that day when Peter and the Apostles preached, three thousand were converted and healing began.
- Courage made them no longer afraid to speak of Christ, who suffered, died and rose again, in whose Name there is salvation.

Q. 118. How does the Holy Spirit carry out Christ’s work in the Church?

- The Holy Spirit keeps the Church united – That they may be one, as the Father and I are one
- The Holy Spirit keeps the Church faithful to the doctrine Christ gave her.
- The Holy Spirit keeps the Church dynamic in spreading the gospel through missionary work.
- The Holy Spirit gives the Church courage, which we see especially in the martyrs, those who preferred to die rather than to commit sin.
- The Holy Spirit also gives courage to Christians to live their daily life. The Holy Spirit helps us live lives of heroism in married life, single life, or religious life.
- The Holy Spirit helps in the promotion of ecumenism.
- We must not, however, restrict the activity of the Holy Spirit to being only within the boundaries of the Church.
- The Holy Spirit can give His grace to anyone.
- The Holy Spirit can even guide non-Christians in seeking the truth and in striving to raise their minds and hearts to God in prayer.
- The Holy Spirit can guide people in their search for God. Only God knows the genuine efforts that each individual makes.

Q. 119. Where is the Holy Spirit especially present?

- As Pope John Paul II put it in the prayer for the Marian year, “The Blessed Virgin Mary obedient to the Father, loving towards the Son and always responsive, obedient to the hidden and powerful action of the Holy Spirit ‘Be it done to me according to Your Word’.”
- The Blessed Virgin Mary as model of the church is the best example of those who are totally submissive to the action of the Holy Spirit.
- The Holy Spirit guides especially the teaching authority of the church, the Pope and the Bishops, because it is essential to have the right guidance.

Q. 120. What does God the Holy Spirit accomplish for the Church?

- The Holy Spirit gives divine life to the Church.
- The Holy Spirit keeps the Church united.
- The Holy Spirit guides the Church.

- The Holy Spirit promotes the movement of the Church and the apostolate in spreading the faith to new areas; in re-evangelizing people who are now growing a bit cold in the faith; in meeting other believers; in promoting the reunion of all Christians; and in being present in the name of Christ in the world.

Q. 121. Why is the Holy Spirit called the soul of the Church?

- The Holy Spirit is sometimes called the soul of the Church because He gives the Church life.
- He animates the Church with His divine presence.
- He gives supernatural life to all her parts, that is, all the members of the church, and helps them to be faithful to their calling and the use of their charisms, their various gifts.

Q. 122. What is the task of the Holy Spirit in the Church?

- The Holy Spirit preserves the church as the Body of Christ and the Bride of Christ so that the Church will remain faithful to Christ until the end of the world.
- He also helps the church purify and renew herself and her members because as long as we are on earth we retain a certain weakness.
- Renewal of the church and her members is always a necessity because we are not in heaven yet, and even the Church cannot function perfectly.
- The unity of the Church refers to people of the same faith worldwide, and the same baptism. Yet there are different cultures; different people with different languages; and still she has remained united for almost 2000 years.

Q. 123. How should we honor the Holy Spirit?

- We should honor the Holy Spirit by obeying His guidance and by honoring the working of the Holy Spirit in the Church. The teaching authority of the Church is not a doctrine of any human being, but comes from God.
- If the ordained teach in the name of Christ it is through the guidance of the Holy Spirit.
- We honor the Holy Spirit by living holy lives and by being aware that God lives in us by grace.
- We are, as St. Paul says: “Temples of the Holy Spirit, body and soul. ... We don’t belong to ourselves.” We are sacred. Every sin does damage to that indwelling of the Holy Spirit, particularly sins against chastity.

Q. 124. What happens when a man accepts the Spirit of Christ?

- The person begins to live the new life that Christ has won for us. We call it the life of grace, the life of God in us.
- Christians are followers of Christ.

Q. 125. What is sanctifying grace?

- Sanctifying grace is the life of God in us.
- God abides in the person.
- We get a share in the divine life.
- We are adopted sons and daughters of God because Christ is the natural Son of God.
- Grace makes us a little like Christ.
- Christ promised that whoever loves Him will be loved by the Father and the Son, and the Father and the Son will dwell in the person. Christ said, “I will come to him and will have supper with him.” It is a way of saying, “live with the person” (divine familiarity).
- It is new life for us; another level of life, different from our natural life.
- This life is the life of grace. The life of those who love God. Those who are in union with God. Those who are in mortal sin or who are not baptized don’t have it; they will receive the life of grace first at baptism. It will stay and grow in them. The only thing that can remove it is mortal sin. Only mortal sin, which is the total turning away from God, removes that new life altogether.

- But when the person remains in that new life, that life grows. It influences activities of that person. It gives more supernatural merit, and therefore some people will have more of that life than others. Some people are holier than others. Some people please God more than others. Some people have charity and a love of God more than others.

Q. 126. What does this new way of life do for man?

- This new way of life gives the person a new way of existing, a new way of acting, and a higher value to the person's actions precisely because the person is now an adopted child of God.
- The angels don't have an opportunity to grow as we do. They made a decision. Those who obeyed God are good angels. Those who disobeyed, led by Lucifer, are bad angels.
- God has given us the opportunity to grow step-by-step, because God knows we are weaker. The angels are totally spiritual. We cannot expect to exist as purely as the angels.

Q. 127. What does grace do for us?

- Grace means that the Holy Spirit walks with us. It gives us that new life in Christ, which means God lives in us, the Three Persons of the Blessed Trinity. It helps us to die to sin, to abandon sin.
- To say no to temptation and to say yes to things of God
- It gives a share in the divinity of God and in His life by helping us to live as children of God.
- It keeps us united to Father, Son and Holy Spirit.

Q. 128. What is actual grace?

- Actual grace is that help which God gives at a particular moment.
- It is when He enlightens our minds and strengthens our will to do some action that will have supernatural value. God inspires us in this way.
- He can take any occasion in our lives. Whether it is on the occasion of our reading of the Holy Scripture, or our listening to a sermon, or meeting a holy person, or a person having more time to reflect because he is in the hospital for two weeks, or the fall of a person who is rich in the things of this world but not in the things of God, or even accidents. God can use these occasions to help us see the light and give us the strength to do what He wants us to do. In short, it is that special help God gives us to do what we should do in the moment.
- We do not have to be in a state of sanctifying grace to receive actual graces.
- The prodigal son, who left his father and went to live a life of sin far away, regretted his actions and said, "I will go back to my father". That inspiration to repent is a sign of actual grace.
- God can pour an abundance of actual graces down on someone but they can still resist it. It is a pity when a person resists the help God gives.
- Actual grace is like a magnet drawing us to God, and temptation is like a magnet drawing us to the devil.
- When we pray, God can take some of the merits that we gain and use them to give actual graces to others that are in need in the Mystical Body of Christ.
- We pray for other people. We pray for those who are sinners that they may get the grace to repent.
- And we believe that holy people help others as symbolized by God's saying to Abraham, "If I find 50 just men in the city, I will not destroy the city".
- We pray for all the graces we need to carry out our functions, as God desires. To do what God wants us to do, to say what He wants us to say. We need His helping grace.
- Sanctifying grace is God's presence in us and actual grace is giving us the strength to do well.

Q. 129. What does the indwelling of the Holy Spirit do for a person?

- When the Holy Spirit dwells in a person, the Holy Spirit gives us hope and courage.
- Hope – the Christian needs very much to believe and to aspire to greater things
- Courage – strength to persevere, to continue, to not give up
- The Holy Spirit heals human weakness.

- Helps us to overcome temptations, weakness, and selfishness
- Helps us to practice virtue, whatever virtue would be most needed at the moment
- The Holy Spirit teaches us how to pray. He guides our prayer.
- For all these reasons you can see that the indwelling of the Holy Spirit is most necessary for us, and it is truly precious.

Q. 130. What is our greatest dignity?

- Man's greatest dignity is to have supernatural life because of that supernatural grace which Jesus Christ won for us by redemption, that is, by His suffering, death, resurrection, and ascension Christ won for us the new life – life in Christ, the life of God in us.
- That we can live and have this supernatural life is our greatest dignity.
- Our Apostolate is rooted in each member's union with Christ through Baptism. As members of the Church, of Christ's mystical body, we participate in the Sacraments He instituted, especially in the Holy Eucharist. The graces we receive from the Sacraments enable us to share in the evangelizing mission of the whole Church, bringing the gospel to the world.

Q. 131. What are the theological Virtues?

- The Theological virtues are faith, hope and charity.
- They are called theological because they refer us directly to God (Theos – Greek word for God).
- We receive these virtues in our souls when we receive sanctifying grace – that is, the life of God in us, which first occurs at baptism.
- If a person loses the grace of baptism, the sanctifying grace, the person must repent and receive forgiveness for sanctifying grace and all the other gifts to come back.
- They have a type of eminence over other virtues because of their immediate relationship to God.

Q. 132. What is faith?

- Faith, as used in this context, is that supernatural virtue by which we firmly believe all the truths that God has revealed. By faith we accept what God has said, simply because God said it.
- By that virtue, therefore, we cling to God. We give our intellect and our will to God.
- We have intellectual obedience to God who reveals things to us.

Q. 133. What is hope?

- Hope is that virtue by which we firmly trust that God, who is all-powerful and is faithful to His promises, will give us eternal happiness and the means to obtain it through the merits of the sufferings and works of Christ.
- By supernatural hope we believe that God will fulfill what He promised. We believe He will be faithful to His promises.
- We are not under any illusion. We are sure, we trust, we hold firmly that God will do His part. We have assurance from God Himself.

Q. 134. What is charity?

- Charity is the virtue by which we love God above all things for His own sake, because of His love for us, and we love our neighbors as ourselves.

Q.135. What are the cardinal virtues?

- The cardinal virtues are the virtues of prudence, justice, fortitude, and temperance.
- They are called cardinal virtues because they are the key virtues upon which all the other moral virtues depend.
- The word cardinal here has nothing to do with cardinals of the Catholic Church. These cardinal virtues are the virtues for everybody. However, the word “cardinal” comes from the word in Latin, “cardo” which means hinge.

- The cardinal virtues are the virtues that are like hinges for the other virtues.
- A virtue is a good habit, which we acquire by repeated good action. One action alone is not enough to form a habit. It is when we repeat a good action many times that we acquire ease in doing the action.
- A good action then becomes a good repeated action, which gives us virtue, a good habit.
- Vice is repeated bad action. It is the opposite of virtue.

Q. 136. Why are prudence, justice, fortitude, and temperance called cardinal virtues?

- Prudence is in a way a key to many others. Prudence is the wisdom to know what to do; to decide what is to be done; to be able to judge rightly and give things their true value. Spiritual prudence guides people in making decisions.
- The virtue of justice helps us to give everyone what is due to that person. We must first of all give to God what is God's, since we owe God everything, including our life. We often think of justice with reference to our neighbor, to what is due to each person.
- Fortitude is strength and courage, spiritual courage, so that even when the going gets tough we do not give in to peer pressure. If a thing is right, it is right. If it is wrong, it is wrong. The correctness of an action or law does not depend on how many people do it or how popular a law is.
- Temperance is that virtue which helps us to keep moderation in the use of things, especially things that are pleasant. Temperance helps us to judge right from wrong.

Q. 137. What are the seven gifts of the Holy Spirit?

- The seven gifts of the Holy Spirit are qualities given to the soul, which make the soul responsive to the grace of God.
- They help us to practice virtue, when God dwells in the soul by sanctifying grace (the life of God in the soul), God empowers the soul with these gifts.
- Enumerated as seven, embodying all the other gifts as charity embraces the other virtues. We can then speak of the first of them, Wisdom, sort of like queen of them all.
- The Gift of Wisdom. Gift that strengthens our faith, makes our hopes stronger, and makes our charity more perfect. It enlightens the mind to discern, and the things of God appeal more to the soul. The person understands them better, appreciates them better.
- Understanding. The emphasis is more on grasping the meaning of the truths of our religion, as the very word indicates the meaning of the truths of our religion. Through this gift of understanding, we learn to appreciate and relish the truths of our faith more. So, understanding enables us to penetrate the inner meaning of the revealed truths, at least as far as it is possible for us on earth.
- Counsel. This gift endows the soul with supernatural prudence, enabling the soul to judge correctly and quickly what is to be done in any given circumstance. The Christian life is not easy. The gift of counsel helps the person to discern what is to be done. This gift helps us to know what is to be done, to see clearly and to take action quickly too.
- Fortitude. That spiritual strength which the Holy Spirit gives the soul to overcome natural fear and to perform our duties even when the going gets tough.
- The gift of Knowledge enables the soul to evaluate created things at their true worth, not giving them more value than they have. To know the correct value of created things, we must relate them to God and then we will see their true value.
- The gift of Piety begins in our hearts, a type of affection for God that is child-like. A loving attitude towards God and things of God. The gift of piety teaches us to appreciate God. We should have reverence for God and anything connected with God. Special reverence is a type of love of God, and the person who doesn't have it is flat, rash and brash. A person without piety is uncivilized towards God; rough, undomesticated.
- The Fear of the Lord is that gift that helps us to behave as persons who respect God. We fear God, but it is a fear not as slaves, but as children of God. The psalm tells us that fear of God is the beginning of wisdom. It's the wise person who fears God. Fear of God is a part of our reverence for God's greatness and holiness.

Q. 138. What is the Catholic Church?

- The people of God
- Community of believers in Christ
- The body of Christ
- People who were brought together into union with the Father, the Son, and the Holy Spirit

Q. 139. When did the Catholic Church begin?

- When Christ died on the cross and rose again on the third day
- During Pentecost

Q. 140. What are some of the basic gifts of God in the Catholic Church?

- Truths of faith – to make sure that we are saved
- The Seven Sacraments – the life of the Church that gives us strength
- Apostolic Ministries – Christ gave the Apostles and their successors, the bishops, assisted by priest and deacons, the power to be His witnesses in the world

Q. 141. What are the two sources of divine truth, which constitute the Truths of the Faith?

- Holy Scripture – the speech of God as it was put down in writing with the breath of the Holy Spirit
- Sacred Tradition – transmits the entirety of the word of God, which was entrusted to the apostles by Christ the Lord and the Holy Spirit

Q. 142. What are some other gifts of the Catholic Church besides the truths of the Faith?

- Sacraments – those major sacred celebrations by which we come into contact with the saving mysteries of Christ

Q. 143. Are there other gifts of the Church besides the truths of the Faith and the sacraments?

- Ministries – which the Church inherited from the apostles and from Christ Himself, to arrange the offices of His Church

Q. 144. What does the Catholic Church do for mankind through these gifts?

- The Church acts as a sign of Christ's presence to mankind.
- Symbolizes the love which God has for all humankind
- Presents the truth that will save us
- Helps us follow the will of God
- Properly forms her members

Q. 145. Why does the Catholic Church belong entirely to Christ?

- Because Christ is the head of the Church
- Because Christ instituted the Church
- Because Christ is the founder of the Church
- Because Christ is our Savior and spouse of the Church

Q. 146. How does the Catholic see the Church?

- As the body of believers in Christ, redeemed by Christ, the bride of Christ, related to Christ, dependent on Christ, nourished and equipped by Christ

Q. 147. Why is the Catholic Church a living continuation of Christ on earth?

- Because the faith of the Church is from Christ, the life of the Church is from Christ, and the works that the Church carries out is Christ's work. Salvation comes from Christ, as do all ministries.

Q. 148. Why is the Catholic Church called the sacrament of Christ?

- Christ formed the Church to be a visible reality of Christ's presence in this world. Christ equipped the Church to be effective.

Q. 149. What do we mean when we speak of the Church in Heaven?

- The Church in Heaven refers to those members of the Church who have reached their home in Heaven.
- The Church in Heaven, sometimes called the Church Triumphant, refers to those Christians who have served God in this world, have reached Heaven, and are in the triumph of the Heavenly kingdom with Christ.
- There is a different degree of happiness in heaven and nobody is unhappy.

Q. 150. Does the Catholic Church have leaders?

- Yes, when he instituted the Church God planned to give it a hierarchy, that is, an ordained member who would serve the Church in the name of Christ.

Q. 151. Who is the Pope?

- The Pope is the Bishop of Rome, the Vicar of Christ for the whole world, for the whole Church.
- The successor of St. Peter as the head of the College of the Apostles
- The Pope is the one who has chief responsibility and authority over the universal Church.
- The Pope declares what God wants us to believe and how we should behave.
- All that the Pope teaches should be received with reverence and faith.

Q. 152. Who are the Bishops of the Church?

- The Bishops of the Church are the successors of the apostles.
- The Bishops bring the message of Christ to the whole world.
- Bishops teach in the name of Christ. They care for the whole world with the Pope and under the authority of the Pope.
- The Head of the Apostolic Team
- A Bishop communicates both with the Pope and with other Bishops as well.
- The whole College of Bishops, together with the Pope, can teach in a solemn way in a general council, or in an ordinary way in the ordinary teaching. All of them as a group would be infallible in that too, but not as individuals.

Q. 153. What is the role of the Pope and Bishops of the Catholic Church?

- To teach what Jesus has handed down to us through the Apostles, the saving truths about Christ and God
- The leader of prayer and sacred ceremonies at his principal Church in the diocese
- To govern in the sacred sense of gathering the people of God together, being their leader in the apostolate

Q. 154. Who directs the work in the cause of Christ in the Catholic Church?

- The Pope and the Bishops in the dioceses act as a group or a team. The Bishops together with the Pope are responsible for directing the work.
- The priest, who leads the ordinary people, and baptizes them, hears their confessions, blesses them, advises them, guides them and anoints them

Q. 155. What do the faithful owe the Pope and Bishops?

- The Pope and the Bishops must be respected; their teachings abided by, and loved, which people sometimes forget. When we do all these things we can collaborate, that is, we can work together.

- This respect and love is all within our faith. It is not anything civil. We are all servants of Christ, but none of us are slaves.

Q. 156. Why does each member of the Church deserve respect?

- We have received baptism and thereby we have become members of Christ, which means we are people of God.

Q. 157. Why is the Catholic Church a community?

- Because it is a gathering of elders who share the new life in Christ through His suffering, death and resurrection and are nourished by His Sacraments
- Because of faith and baptism we enter the Church as one body of Christ.
- As a community of God we are beautifully equipped on our way to holiness, greatness and salvation.

Q. 158. Are all persons equal in the Church?

- From the point of view of our human dignity we are all equal.
- From the point of view of the assignment we are given in the Church, we have different assignments, but each of them is important. You can call them ministries; for those who are ordained, callings or vocations.

Q. 159. Who has a vocation of holiness in the Church?

- Everyone has a vocation of holiness in the Church because holiness is perfection of charity.
- All of us have a call to faith and baptism that gives us membership in the Church, which is the foundation for the call to holiness.

Q. 160. Why is the Catholic Church missionary?

- The Church is missionary because of her very nature.
- The Church is called to share the message of Christ with everyone.
- Every member of the Church has a share in the spread of the Gospel.
- Christians have made tremendous sacrifices to bring the faith to all people.
- The sharing of the faith must begin in the family.

Q. 161. What is the role of the Church in the world?

- The role of the Church in the world is to be present in the world as a witness to Christ.
- To show concern for the whole human person
- To bring the Gospel to people, a Gospel that promotes total liberation, justice and peace.
- To help people to examine their consciences and to correct structures that are unjust and oppressive to others
- The Church does not have the mandate to propose economic political formula.
- Working with consciences, showing people the necessity of serving their neighbors and using their gifts of intellect and will for the good of society
- The Church loves the world. She is not of the world, but remains in the world. Christians must be an active part of their country.

Q. 162. How does the Catholic Church minister to man's spiritual needs?

- The Church ministers to man's spiritual needs by providing them with a community of faith.
- The Church uses the doctrine and the sacramental life to give us energy and to motivate people to live in such a way that when others see the community of the faithful, they desire to join it.
- You must first begin to believe in Christ and then you can become a good witness.

Q. 163. How does the Catholic Church minister to the bodily needs of people?

- The Church ministers to the bodily needs of people by first motivating her followers
- By serving people who are hungry, by feeding them
- Her vast health care and social welfare systems are found throughout the world.

Q. 164. How can we help unbelievers find God?

- We can help unbelievers to find God by the witness of our own lives.

Q. 165. What is our duty toward the world?

- Our duty toward the world is to be in the world as witnesses of Christ who show faith in God and union with Christ, and who show concern for their fellow brothers and sisters; a concern which must express itself not only in words but in actions as well.

Q. 166. Why is Christian unity in faith and love God's will?

- Christian unity is God's will because Christ Himself founded the Church is one, and not only that, He sent His followers and prayed that they may be one as He and the Father are one.

Q. 167. How do Catholics promote Christian unity?

- We must pray because unity is above all a gift we receive from God.
- We must live in such a way that we are united within the Catholic Church. We must make a big effort there, including humility and obedience.
- We must show others the charity of Christ and our fidelity to the Gospels, to Holy Scripture and Church Tradition, and our love and concern for them, so that they themselves might reciprocate.
- We can show justice and love.
- We can also do penance and fast for the sake of Christian reunion and unity
- We must look for the will of Christ and then seek the grace to follow it.

Q. 168. Why should Catholics show respect for all men of good will?

- Because it is God who created the human person and sent Christ to redeem all. The same final destiny is meant for all.
- God has equipped every human being with an intellect and a will, therefore every human person is a unique individual, never to be duplicated.
- God shows respect for each human person.
- Faith is a gift. Faith is a result of a divine grace that moves the individual, and to which the individual gives what St. Paul calls "the obedience of faith".

Q. 169. What do we believe about the Catholic Church?

- Jesus made His Catholic Church the ordinary means of salvation.
- Christ instituted the Church to be the gathering of the new people of God, and He equipped this Church with the means for salvation.
- St. Paul tells us in his letter to Timothy, "There is one God, one mediator between God and man; Himself a man, Jesus Christ."
- God wants everyone to be saved and to come to the knowledge of the truth.
- Christ took on our human nature and therefore, in some way, united Himself with every human being.
- We should therefore believe that the Holy Spirit is a way to God, completing the link with the mysteries of Christ.

Q. 170. How do the laity share in Christ's mission?

- The lay people are called to carry out their Christian calling in the ordinary situations of family, school, professions, trade, commerce, and politics.

Q. 171. Why is the Church an institution of salvation?

- The church is a community of the people of God.
- Christ gathered them for a specific purpose, as the Gospel says, "He gathered together the scattered children of God. Salvation in His name, in His Blood. He suffered and died for us. That is why He gathered us."
- He gives us the saving truths that will help us to reach our longed for home in heaven.

Q. 172. What are the marks that point out the true Church founded by Jesus?

- The Church instituted by Jesus Christ is traditionally mentioned as being one, holy, Catholic, and Apostolic.
- The Church is one because the tradition that we have inherited from the apostles is one, and Christ our founder guides it through the one Holy Spirit.
- Holy because the Church was instituted by Christ who is Himself true God and true Man, and the Blessed Virgin Mary is our Mother, and she is all holy, and the saints as well have accumulated a lot of merits throughout the centuries
- The Church is Catholic because the Church is at home among all people.
- The Church is Apostolic because she can trace her ordination back to one of the Apostles. And every priest can trace his ordination to a Bishop Apostolic succession.

Q. 173. Why is the Catholic Church one?

- The Church is one because the belief of the Church is one. We believe the same thing, the same faith, and have the same sacraments.

Q. 174. How did Jesus indicate that His Church is one?

- Christ prayed, "Keep them one, Father, as you and I are one".

Q. 175. Why are we united by a spiritual leader?

- Jesus Christ made St. Peter the Chief Shepherd, the Head of the Apostles, the Chief Shepherd of His flock.
- He provided that St. Peter would have successors until the end of the world, and that the successors of St. Peter would be called Popes. Next are the Bishops with the priests and the deacons.

Q. 176. Why are we united in worship?

- Because we have one altar upon which Christ daily renews the offering of His Body and Blood. The Holy Eucharist is the central sacrament of the Church.

Q. 177. Why is the Catholic Church holy?

- Because she was founded by Jesus Christ who is all holy. She teaches according to the Will of Christ.
- The Church also provides the means to live a holy life, especially through sacraments and prayers.
- Holy means to have charity, linked with God, to be obedient to God, to follow God, and to live according to God's Will

Q. 178. Why is the Church catholic or universal?

- Because the teachings Christ gave the Church are meant for everyone, everywhere, and every time.
- The message of Christ is not confined to one people.
- He said to the apostles, “To me all power is given in heaven and on earth, and teach all nations, make disciples of all nations”.

Q. 179. How long has the Catholic Church been in existence?

- The Church has been in existence almost 2000 years, but it is not very clear because Christ gave it a divine guarantee of His existence and revelation.
- The Church of Christ subsists in the Roman Catholic Church, even though there are elements of it that are also found outside the visible boundaries of that Church.

Q. 180. Does the Catholic Church teach all the truths that Jesus Christ taught?

- The Catholic Church teaches all the truths taught by Jesus Christ in order to have progress in our understanding of these truths.
- The formulation of the doctrine done by the Church can help the progress of mankind.

Q. 181. Why is the Catholic Church apostolic?

- The church is apostolic because she is able to trace her lineage in unbroken continuity back to the apostles and their ordained successors.

Q. 182. What do we mean when we say, “I believe in the Communion of Saints?”

- I believe in that unity which exists between all those who are baptized in Christ, all those who form the Church.
- The communication between the Church on earth, the Church in purgatory, and the Church in heaven.

Q. 183. Why is the Church called the Church Militant?

- Because we are making an effort in this life to follow Christ, to fight the devil and his works, and to fight human selfishness.

Q. 184. How do we help each other?

- We can edify one another by our good example.
- We can help those who are in need of teaching.
- We can give the right and left hands of fellowship to those who are in material need.
- We can share our faith.
- Then, considering the church militants, considering that these Christians and pilgrims must be linked with our brothers and sisters who are suffering in purgatory, and with the saints who are already in heaven, we can see that we can also help those who are suffering in purgatory.

Q. 185. What is the Church Suffering?

- Those members of Christ who died in a state of grace but have some stain which makes it necessary for them to go to purgatory to suffer for some time, and be purified before they reach heaven

Q. 186. What is our duty toward the deceased?

- To bury them
- We must pray so that if a dear brother or sister of ours is in purgatory the person may be released soon and go to heaven.
- Offer a Mass, that is the highest act
- Other prayers of the church, community prayers, personal prayers, mortification, good works, almsgiving, offering our sufferings to God for the sake of that person

Q. 187. What is the Church Triumphant?

- Those faithful to Christ who have reached heaven.
- They are like the crown of Christ's salvation.
- They have been faithful.
- They now enjoy the vision of God not for one or two days, but forever.

Q. 188. Why does the Church honor the canonized Saints?

- Because they are already with God in heaven
- They have reached home.
- They can inspire us by their lives and example.
- We can ask them to pray for us.

Q. 189. What do we mean when we say, "I believe in the forgiveness of sins?"

- Christ gave His Church the power to forgive sins, whose sins we shall forgive, they are forgiven.
- When we kneel down in front of a priest, who is the minister of Christ through the Church, and we confess our sins and are repentant, our sins will be forgiven.
- We want to change.
- We want to go back to God.

Q. 190. How is the saving work of Christ continued?

- Through the seven sacraments which He instituted
- Through the gift of the Holy Spirit, Christ continues His presence

Q. 191. How does the Church continue Christ's work?

- Through the sacraments
- Sacraments are special actions of the Holy Spirit.

Q. 192. What are the sacraments?

- The special celebrations through which we come into contact with the saving work of God.
- The sacred signs which we can perceive by the senses.
- The signs of the grace of God.
- They are instituted by Christ for grace for us and for our salvation.
- The visible signs that show us that God's grace is imparted on us.

Q. 193. How do the sacraments show?

- God wants us to be holy – which means perfection of charity and doing the will of God.
- God wants us to receive His grace.

Q. 194. Why are sacraments called the actions of Christ?

- Because Christ is the chief person acting in every sacrament.
- Christ gives His Holy Spirit to Christians to form them through the sacraments.
- Christ is the chief person leading the public worship.

Q. 195. Why did Jesus institute the sacraments?

- To make us holy
- To make us full of love for God and neighbor
- To build up the Church
- To teach us, guide us and give worship to God

Q. 196. Why does the Church encourage Catholics to receive the sacraments?

- Because sacraments give grace
- Because sacraments nourish Christian life and faith
- They give glory to God.

Q. 197. What are the purposes of the sacraments?

- Give honor to God.
- Help us grow in our love of God and grow in our faith
- Strengthen us in our earthly pilgrimage

Q. 198. What are sacramentals?

- Blessings, ceremonies, and religious articles which are instituted by the Church

Q. 199. What are the effects of sacramentals?

- Dispose people to receive the chief effects of the sacraments
- Render holiness to our states of life

Q. 200. What are some of the sacramentals?

- The consecration and dedication of Churches
- The blessing of men and women who enter into religious life
- Blessing for married people
- Blessing given to a mother after childbirth
- The sign of the cross
- Various blessed articles – Rosaries, scapulars, medals, etc.

Q. 201. What is the sacrament of Baptism?

- The fundamental and most necessary sacrament
- Sacred celebration that removes or washes away original sin and other personal sins
- Makes us a member of Christ and a member of the church

Q. 202. What relation with God is begun at Baptism?

- Permanently relates us to God as His adopted children
- Joins us to Christ who is priest, prophet and king.

Q. 203. What is the sacrament of Confirmation?

- The sacrament that gives us the abundant outpouring of the Holy Spirit so that we become more committed Christians.

Q. 204. What does the seal of the Spirit do for us?

- Gives us the share in the priesthood of Christ
- Gives grace to fulfill the mission
- Gives us strength to do God's will

Q. 205. What is the sacrament of Penance?

- A sacred celebration in which we receive God's mercy and pardon.

Q. 206. What are the effects of the sacrament of Penance?

- The person who abandoned God is now received back and his sin is pardoned.
- Peace is restored with God, with Christ, and with the Church.
- It makes the person want to walk toward salvation.
- It is also called the sacrament of reconciliation.

Q. 207. If a Catholic has committed a mortal sin, is it necessary to go to Confession?

- If you committed a mortal sin, you must go to confession, accept your penance, and indicate a willingness to change.

Q. 208. What is the effect for perfect sorrow for sin?

- The person gets back the sanctifying grace immediately

Q. 209. What is the wish of the Church concerning confession?

- The Church wants all Catholics who are of age to confess their sins at least once a year.

Q. 210. What do we gain by confessing venial sins?

- The sacrament gives the person the strength to fight the root defect from which those venial sins flow.
- It increases the person's commitment to the new life in Christ.
- It increases the good disposition of the person to fulfill the duties of the person's state of life.
- Increases love of God
- Gives inner peace

Q. 211. Must we still suffer for our sins in other ways even after they are forgiven?

- Yes. Even when our sins have been forgiven, temporal punishment will remain, which can be removed in the world by suffering, by penance, or by indulgence; or by suffering in Purgatory.

Q. 212. What is an indulgence?

- A special intercession by the Church for the remission of temporal punishment to sin, which has already been forgiven.

Q. 213. How does the Church have the power to grant indulgences?

- Because she ministers the redemption worked by Christ and He entrusted to the Church the dispensing of indulgences as enforced. We regard Church leaders as ministers of Christ and dispensers of the mysteries of Christ. Christ is loving and abounding in mercy, and the Church intervenes to dispense the treasury of the satisfaction of Christ and the saints to all faithful who are rightly disposed.

Q. 214. What are the conditions for gaining an indulgence?

- Be in a state of grace
- Do the work specified by the Church; and offer prayers
- Have the intention to gain an indulgence

Q. 215. May we gain an indulgence for the benefit of the departed?

- We can and should gain an indulgence for the benefit of the departed. The Holy Mother of the Church has made it better still by making all indulgences applicable to those who have died.

Q. 216. What is the difference between a partial and a plenary indulgence?

- A partial indulgence indicates that only part of the temporal punishment is remitted and not the whole.
- A plenary indulgence indicates the remission of all temporal punishment due to sin.

Q. 217. What are some examples of a partial indulgence?

- If a person bears his burdens and offers them to God
- If you make the sign of the cross with reverence
- If you visit the cemetery on November 2 and pray for the dead
- If you say the rosary or the way of the cross

Q. 218. What is the sacrament of Holy Orders?

- Sacred rites by which men in the Church are ordained by someone in the position of a Bishop. They get a special share in the priesthood of Christ.

Q. 219. What does Episcopal consecration or ordination bring about?

- Makes a person a minister of Christ, supreme priest of His people
- Gives the person the participation in the three powers of Christ for the people of God

Q. 220. What special grace does Christ give in the sacrament of Holy Orders?

- Christ bestows a permanent charism or grace of the Holy Spirit to the ordained man.
- The priest is the closest co-worker of the Bishop; he celebrates the Holy Eucharist in the name of Christ sent by his Bishop. Priests also give blessings and do other work that the Bishop may assign.
- A deacon is ordained to be an assistant of the Priest.

Q. 221. What can a priest do as a representative of Christ?

- Celebrate Mass
- Forgive sins in the name of Christ and as an administer of the Church
- Administer the sacrament of Anointing of the Sick and state prayers for the day
- Preach the word of God as an official administer of the Church.

Q. 222. What is the sacrament of the Anointing of the Sick?

- Sacred rites, which are performed by the Church as a special sacrament for those who are sick.
- A rite in which the seriously sick are anointed by the priest, and only the priest can administer it along with the prayer of the Church, that the person may get better and recover if it is God's will. More importantly, the person gets the strengthening grace either to bear the sickness or to prepare the person for the final journey to God.

Q. 223. When is the sacrament of the Anointing of the Sick best received?

- When the sick person is conscious enough to participate as fully as possible.

Q. 224. What does the Church ask the Lord for by this anointing?

- The Church prays that the sick person may receive grace and recovery of good health, and to forgive their sins and grant them eternal life.

Q. 225. What does the Church encourage the sick to do?

- To join the people of God in prayer as much as possible
- To offer his/her suffering with Christ, in Christ, through Christ

Q. 226. Who instituted the sacrament of Matrimony?

- God Himself, the creator
- Marriage is a divine institution for everyone.

Q. 227. Who raised the sacrament of Matrimony to the dignity of a sacrament?

- Jesus Christ our savior raised marriage/matrimony to the dignity of a sacrament, which means that for Christians it isn't only a contract, but a covenant instituted by almighty God for all. It is one of the major means by which we receive the grace of redemption won for us by Christ.

Q. 228. Who are the ministers of the sacrament of Matrimony?

- The spouses themselves are the ministers. The bride ministers to her bridegroom and the bridegroom ministers to his bride.

Q. 229. In what ways can we see the dignity of the sacrament of Matrimony?

- The spouses live together in the grace of Christ.
- The spouses are reflections of God's love for us.

Q. 230. What do Christian spouses pledge themselves to do in the sacrament of Matrimony?

- To love one another
- To stand by each other
- To sustain and help each other
- To be open to new life and to love their children

Q. 231. Why did God institute marriage?

- For bringing children into this world, for educating them, and for helping the husband and wife.
- It builds strength for both the husband and wife if they live well.
- To help one another to achieve eternal salvation and to help one another in their growth as individual persons
- To walk together in the pilgrimage of life

Q. 232. How long does the bond of sacramental marriage last?

- The bond of marriage lasts until the death of one of the partners.
- Even in the midst of difficulties the bond of marriage cannot be broken.

Q. 233. What is the aim of conjugal love and family life?

- The true practice of love between husband and wife implies that the couple is ready with generous hearts to love one another, and to cooperate with the love of God, the creator, when new life appears.
- The growth of husband and wife as individuals, and their spiritual and psychological growth as well.

Q. 234. What is the calling of every family?

- Every family is called to grow in love because those who live in love, live in God, and God with them.

Q. 235. How does the Christian family manifest the Savior's living presence in the world?

- The Christian family manifests the Savior's presence in the world by the spouses' love for one another, by their generosity, by their happy home, and by transmitting their love to their children.
- The family is where true love begins.

Q. 236. What is a sacrifice to God?

- It is an offering or gift made to God to acknowledge that God is supreme. Sacrifice is an act of adoration.

Q. 237. What is the Holy Eucharist?

- The Holy Eucharist is the sacrament and sacrifice of the body and blood of Christ, which Christ Himself gave His Church, in the appearance of bread and wine, to commemorate what He did on Mt. Calvary. It perpetuates that sacrifice and nourishes His people during their journey on earth.

Q. 238. Why does the Church celebrate the Eucharist?

- The Eucharistic Celebration is carried out in obedience to the works of Christ Himself, who at the last supper turned bread into His body and said to His Apostles, “Do this in remembrance of me”.

Q. 239. What happens when the priest speaks the words of Eucharistic Consecration?

- The bread becomes the body of Christ, the wine becomes the blood of Christ
- Your strong belief will tell what is present in the bread and wine which cannot be felt by the senses.

Q. 240. How is Jesus present in the Eucharist?

- It is the real Christ, the Christ who was on Mt. Calvary, and the Christ who was in Bethlehem. It is not just a symbol, like a picture; it is not just a commemorative element; that is why we adore.
- Jesus is present in the appearance of bread and wine.

Q. 241. What is the sacrifice of the Mass?

- It is the sacrifice of the body and blood of Christ offered to God in the appearance of bread and wine for the living and dead.
- It is the ritual celebration of what Jesus did on Mt. Calvary.

Q. 242. What is the liturgy?

- Public worship of the Church; the prayers which Christ and His members offer to God the Father, with Christ being the chief leader.

Q. 243. What is the first and highest form of central liturgy?

- The highest form of liturgy is the Eucharistic celebration.

Q. 244. What are the 2 stages of Liturgy in the Eucharist?

1. Liturgy of the Word – celebration of the word of God especially by sacred readings
2. Liturgy of the Eucharist
 - Offering rite
 - Eucharistic prayer
 - Communion rite

Q. 245. Why is the Holy Sacrifice of the Mass offered?

- For the principal ACTS of religion; for the principal motives: adoration, contrition for sins, thanksgiving and seeking help for those in need

Q. 246. How do people participate in the Mass?

- People participate by preparing themselves for the sacrifice. They should prepare themselves before going to the Mass.
- Be attentive. Listen to the readings, join the various prayers and chants, and join the gestures like standing, seating, kneeling and expressing peace to one’s neighbors.

- By repenting of their sins to prepare them for participation in the sacrifice.
- By receiving Holy Communion.

Q. 247. Why is the Mass both a sacrifice and a sacred meal?

- Mass is both a sacrifice and a sacred meal because the celebration of the Mass begins with readings, then the heart of it is the consecration of the bread and wine which the priest offers to God the Father.

Q. 248. Why is the Mass the one sacrifice of Christ?

- Mass is the one sacrifice of Christ because Christ is the same person who offers Himself on the cross and on the altar at Mass.

Q. 249. Who has been empowered to offer the Eucharistic Sacrifice?

- Ordained priests are empowered to offer the Eucharistic Sacrifice to God the Father, in the name of Christ, for both the living and the dead.

Q. 250. What is Holy Communion?

- It is the sacrament of the Holy Eucharist by which we receive Christ, body and blood, so that we can be one with Him. We can be more like Him; we can think more and more along His lines, and have more spiritual strength to do the battle of Christian life. We also have the pledge of eternal life because Christ promised that “He who eats my flesh and drinks my blood shall have eternal life”.

Q. 251. Why is the Holy Eucharist a sacrament of Unity?

- It unites the faithful closely with Christ and with one another.
- It promotes the unity of the Church because the Holy Eucharist builds up the Church.

Q. 252. What does Jesus do for Christians in the Eucharist?

- In the Holy Eucharist, Jesus nourishes Christians with His own body and bread of life, and the cup of eternal salvation, so that they may become one people; so that they become more united and are better able to feel the great love of God and neighbor.

Q. 253. How does Holy Communion preserve and increase the supernatural life of our soul?

- It is a sign of Christ nourishing souls, a symbol of food and drink as Christ chose the bread and wine that gives us spiritual joy and peace, spiritual health. Therefore the Holy Eucharist nourishes the life of God in us, the supernatural life, which we call sanctifying grace.

Q. 254. How does Holy Communion unite our soul closer to Jesus?

- Holy Communion unites us with Jesus because we receive the body and blood of Christ, which helps us become more like Him.

Q. 255. How does Holy Communion increase our love for God?

- By increasing sanctifying grace; when we receive Christ the life of God grows in us
- It increases our supernatural powers to do the good.
- It increases attraction to the things of God.
- It reduces the power of temptation over us.
- It helps us fight our weaknesses.

Q. 257. Why is Holy Communion a pledge of future glory?

- Holy Communion is a pledge of future glory because when we receive Christ in this sacrament, it is the seed of everlasting life.

Q. 258. Why does Jesus become present in the Holy Eucharist?

- To renew the sacrifice of Himself He offered on Mt. Calvary
- In order to allow the Church, in the form of the sacrament, to offer Him to God the Father through the appearance of bread and wine
- In order to give us His body and blood to be received in Holy Communion

Q. 259. Why is the Holy Eucharist reserved in our Church?

- To prolong the effects of the Eucharistic celebration of the Mass
- To grow in Eucharistic piety. People can visit a church in which the Blessed Sacrament is reserved in the tabernacle. They can view, adore, love and thank Christ.
- To have Eucharistic celebration and benediction
- For some solemn occasions there is a Eucharistic procession

Q. 260. What do we owe Christ in the Blessed Sacrament reserved?

- We owe Christ adoration.
- We owe Him gratitude for all He has done for us.
- We owe Him love.

Q. 261. Why is the Holy Eucharist the center of all sacramental life?

- Because the other sacraments are celebrated and accompanied with the Eucharistic celebration to show unification, summarization and centralization of Christian worship, and the celebration of the Church.

Q. 262. What is a prayer?

- Prayer is raising our minds and hearts to God.
- We express various feelings toward Him not only with our will, but with our intellect as well.

Q. 263. What is mental prayer?

- A prayer of the heart and mind which is formulated not with words, but with loving attention to God just by being in His presence

Q. 264. Why is prayer necessary?

- Prayer is necessary because we are creatures and God is our creator and we must recognize our creator. It is a tribute that we owe to God. The main purpose is adoration.

Q. 265. What are the four purposes of prayer?

1. Adoration – because God created us
2. Thanksgiving – because we owe everything to God
3. Contrition – asking forgiveness of our sins
4. Petition – asking for the actual grace to help us carry out our state of life, to resist temptation, to love our neighbor, to ask for the needs of our body, to maintain a dignified life, to get a job etc.

Q. 266. How should we pray?

- We should pray with a loving awareness of God's greatness.
- We should pray with a spirit of humility.
- We should pray with a great amount of trust in the goodness of God.

Q. 267. Why is Jesus the divine model of prayer?

- Jesus is the divine model of prayer because He is the son of God who took on our human nature.

- He showed us how to relate to God by praying to His Father. He taught His disciples how to pray as well.
- Q. 268. Why is the “Our Father” a prayer of perfect and unselfish love?**
- It is a model prayer because Christ taught it to His Apostles at their request. In this prayer we offer our entire life to God.
- Q. 269. If we want to answer God’s love, what must we do?**
- If we love God, we are to follow His ways, His commandments.
- Q. 270. What does Christian morality teach?**
- It teaches us a way of living that is worthy of a human being and an adopted child of God.
 - It teaches us how to live in order to be good people as Christ taught us to be.
- Q. 271. How is Christian morality supported and guided?**
- By the grace and the gift of the Holy Spirit. It helps us to understand the ways of God and gives us the spiritual strength to follow His ways.
- Q. 272. What is conscience?**
- Conscience is a personal judgment concerning what is to be done and if something is right or wrong.
 - It is a practical judgment built by the creator to guide us in our judgment about the correctness of an action.
- Q. 273. Must each person have a right conscience?**
- Each person is bound to have right conscience because if the conscience were wrong it would direct the person wrongly.
 - Each person is bound to follow his/her conscience, but conscience is not autonomous. It is not the supreme law, which is the will of God, or the law of God.
- Q. 274. How should a Catholic form a right conscience?**
- A Catholic must form a right conscience by studying the Faith and adhering to the teachings of the Church.
- Q. 275. What does obedience to the Holy Spirit include?**
- It includes a faithful observance of the commandments of God
 - It includes the laws and precepts of the Church
 - It includes the just and civil laws
- Q. 276. How are all of the commandments summed up?**
- All of the commandments are summed up in our walk of faith and charity.
 - In love of God and consequently love of neighbor; we should love God with all our heart and love our neighbor as ourselves.
- Q. 277. Why is the love of God the soul of morality?**
- Because God is love and it is God’s plan that His love reaches out to us through Jesus Christ to unite all men in their love for one another.
 - It is God’s love that created us. The commandments are an expression of God’s love.
- Q. 278. What is man’s greatest responsibility?**
- Man’s greatest responsibility is to do the will of God and then keep the commandments.

Q. 279. How does a person obtain holiness?

- A person is holy when a person lives according to God's commandments, according to the will of God.
- A person is holy if a person shows love to God and neighbor in whatever concrete situation God has called that person.

Q. 280. Why do men and women accept the consecrated vocations?

- God called some to that state of life soon after the primitive Church began. In this way they are able to show their love for God by giving their lives to service of others.

Q. 281. How do we know the duties of following the love of God and men?

- From the ten commandments, which are valid for everyone anywhere in the world
- From the Sermon on the Mount, especially the Beatitudes, which is the inauguration homily of this public life
- From the Spiritual and Corporal works of mercy
- From the laws of the church given to us
- From knowing the major virtues, major vices, and what gives rise to them

Q. 282. What is the obligation of Christians toward God?

- To love and serve Him, since He is our creator and we owe Him love and service all our days.

Q. 283. How do we sin against the honor due to God?

- By ignoring the honor due to God and giving it to creatures instead
- We must honor God in the use of His name, otherwise it is a sin called blasphemy.
- We must have reverence to people, places and things that are consecrated to God in a special way.
- We sin against God's honor by not attending Sunday Masses and other holy days of obligation.

Q. 284. What are our duties toward our fellow men?

- Respect for them as unique individuals
- Respect for their freedom, concern for their rights, concern in what touches their health, their house, their food, and their right to work
- Showing to all the same kind of justice and charity of Christ which we all desire to be shown, and which our Savior taught us in the Sermon on the Mount and the Beatitudes.
- We should respect all lawful authority whether in the family, in civil society or in the Church.

Q. 285. How can we show to all others the justice and charity of Christ?

- By sharing our faith with others, especially by living our faith in association with others.

Q. 286. How should our judgments of others and our speech be ruled?

- If you condemn others, you condemn yourself

Q. 287. What does love of our neighbor demand with respect to lawful authority?

- With respect to lawful authority, love of neighbor demands accepting that authority comes from God, whether through parents in the home, civil authority or the authorities of the Church.

Q. 288. How do we sin against our neighbor?

- We sin against our neighbor in the area of justice.
- We sin against our neighbor in the area against life.
- We sin against our neighbor in the area of speech.
- We sin against our neighbor in the area of sexuality.

Q. 289. What are our duties toward ourselves?

- To strive to be followers of Christ, and to be examples of His goodness
- To have humility and be patient with ourselves
- To be pure in our thoughts, words and actions
- To avoid laziness, pride, envy and temperance of food and drink

Q. 290. What does the thought of the duties of following the love of God and man help the Christian to do?

- Try to form a good conscience
- To choose what is right
- To have courage to say no to temptation and to cut off necessary occasions of sin

Q. 291. Why we should face death with courage and joy?

- We should face death with courage and joy because we keep the commandments and follow the will of Christ.
- We have good reason to face death with courage and joy because of the resurrection of Christ; we live and die in Him and shall rise again.
- We have good reason to face death with courage and joy because we are looking forward to our homecoming with God, our loving Father.

Q. 292. What is a particular judgment?

- Particular judgment refers to the judgment each individual receives immediately after death to determine if he/she will go straight to heaven or hell, or must suffer for a time in purgatory.

Q. 293. What is hell?

- Hell is a total separation from God which is eternal. There is no end.

Q. 294. What is purgatory?

- Purgatory is a place of suffering for the souls of those who died in a state of grace but still have temporal punishment that must be suffered, due to a mortal sin already forgiven or for a venial sin not sufficiently repented of yet
- A place of mercy to get the person fully purified and fit for heaven
- A place of justice to make reparation

Q. 295. What is the Beatific Vision?

- Seeing God as He is heaven, and seeing Him without any danger of losing that intense joy; knowing that the person has reached home and has attained the purpose for which he was created.
- Seeing God face to face.

Q. 296. What do we mean when we say, “I believe in the resurrection of the body”?

- We mean that at the end of the world, there will be a general resurrection. Up to that time the people in heaven were there with only their souls, the same as those in hell. At the resurrection, those who are in purgatory will go to heaven, and then their bodies will arise.

Q. 297. What do we mean when we say, “I believe in life everlasting”?

- We mean that we believe in life after death. A life of endless joy and happiness with God in heaven for those who have served God with generosity.

Q. 298. What is the last or general judgment?

- Last judgment is when all humanity will come, and our Lord Jesus will separate those who loved God on His right, from those who did not on His left.

Q. 299. What will happen on the day of the last judgment?

- Nothing will be left; the Lord will judge everything and the hidden will be made known.
- Those who suffered a lot, those who were oppressed; on that day everything will be made manifest.

Q. 300. What will happen when Christ returns with power?

- When Christ returns with power as Judge of the living and the dead, He will hand over the kingdom to His Father.
- The Church on earth has done her job, and now the Church will save and love.

Q. 301. When will each person reach their final destiny?

- People will reach their final destiny after the last judgment, because at that time the body and soul will be united and complete once more.

Q. 302. Why does Mary have the highest place in the Church after Christ?

- Because Mary is the Ever Virgin Mother of Jesus Christ our Lord
- She is the Mother of the followers of Christ; therefore, She is the Mother of the Church.

Q. 303. What are some of the special gifts Mary received from God?

- To become the Mother of God
- She was conceived immaculately, preserved from original sin
- She was assumed body and soul into heaven at the end of her earthly life and will always be a virgin.

Q. 304. What is the wish of the Church concerning devotion to Mary?

- The Church wishes to honor the Blessed Virgin Mary as Mother of God, as Mother of the Church, as our Spiritual Mother, and as an example of how to follow Christ.

