

## **Basic Catholic Teachings Grade 1**

**1. Who made you? (Chapter 1)**

God made you.

**2. What is prayer? (Chapter 1)**

A conversation with God.

**3. Why did God make you? (Chapter 1)**

God made me to know Him, to love Him, and to serve Him in this world, and to be happy with Him in Heaven forever.

**4. What is the name of the prayer that Jesus gave us to help us learn how to pray? (Chapter 1)**

The Lord's Prayer (Our Father)

**5. What is Heaven? (Chapter 2)**

Heaven is the state of perfect happiness with God forever.

**6. Who is God? (Chapter 3)**

God is the Creator of Heaven and earth- who created everything out of nothing.

**7. What are Angels? (Chapter 3)**

Angels are invisible spirits, servants and messengers of God.

**8. Who led the faithful angels? (Chapter 3)**

St. Michael

**9. What is a human person? (Chapter 4)**

Someone with a body and a soul.

**10. What is a soul? (Chapter 4)**

The spiritual gift from God that gives us life; it lives forever.

- 11. What is a Guardian Angel?(Chapter 4)**  
Our Guardian Angel is a gift from God to protect us and to be with us always.
- 12. Who was the first man and woman created by God? (Chapter 5)**  
Adam & Eve
- 13. What is grace? (Chapter 5)**  
God's life in us.
- 14. What is sin? (Chapter 6)**  
Sin is knowing something is wrong and choosing to do it anyway. (It's an offense against God)
- 15. What are trespasses? (Chapter 6)**  
Trespasses are sins that we do or sins we do to hurt other people.
- 16. What do we call the sin of Adam & Eve? (Chapter 6)**  
Original Sin
- 17. What did God promise Adam & Eve? (Chapter 6)**  
God promised to send a Savior.
- 18. Who did God ask to build the Ark for all the animals? (Chapter 7)**  
Noah
- 19. Who was Abraham? (Chapter 7)**  
Abraham always had great faith in God.
- 20. Who are the prophets? (Chapter 8)**  
Holy men who prepared people for the coming of the Savior, Jesus Christ.

- 21. To whom did God give the Ten Commandments? (Chapter 8)**  
Moses
- 22. What book in the Bible explains the Ten Commandments? (Chapter 8)**  
Exodus
- 23. Whom do the first 3 Commandments teach us to love? (Chapter 8)**  
God
- 24. Whom do the last 7 Commandments teach us to love? (Chapter 8)**  
Others and Ourselves
- 25. Who did God choose to be the Mother of Jesus our Savior? (Chapter 9)**  
Mary
- 26. Was Mary born with Original Sin? (Chapter 9)**  
No
- 27. What was the name of the angel who told Mary she would have a baby and call Him Jesus? (Chapter 9)**  
Gabriel
- 28. Who is the foster father of Jesus? (Chapter 9)**  
Joseph
- 29. Where was Jesus born? (Chapter 10)**  
Bethlehem
- 30. What does the word Advent mean? (Chapter 10)**  
It means "arrival" or "coming"

**31. Who is the Holy Family? (Chapter 12)**

Jesus, Mary and Joseph

**32. What do we call the 12 men Jesus called to “follow” Him?  
(Chapter 13)**

The 12 Apostles

**33. Name the 12 Apostles. (Chapter 13)**

Peter

Philip

James (the Greater)

James (the Less)

Jude

Judas

John

Andrew

Bartholomew

Matthew

Simon

Thomas

**34. What is a miracle? (Chapter 15)**

A miracle is a supernatural sign or wonder, brought about by God.

**35. What is the special supper Jesus celebrated with His  
Apostles the night before He died? (Chapter 17)**

The Last Supper

**36. What did Jesus change the bread & wine into at the Last  
Supper? (Chapter 17)**

His Body-Blood-Soul and Divinity

**37. Who did Jesus give the power to change bread & wine into His Body & Blood? (Chapter 17)**

The Apostles and all the priests; bishops & Popes that came after them.

**38. What do we call the day Jesus died on the Cross? (Chapter 18)**

Good Friday

**39. When does Lent start? (Chapter 18)**

Ash Wednesday

**40. What happened on the day we call Easter Sunday? (Chapter 19)**

Jesus rose from the dead.

**41. Who founded the Catholic Church? (Chapter 20)**

Jesus

**42. Who did Jesus make to be the first Bishops of His Church? (Chapter 20)**

The Apostles

**43. Who did Jesus choose as the first Pope? (Chapter 20)**

Peter

**44. What is the Ascension? (Chapter 21)**

Jesus rose in the sky to return to the Father.

**45. Before He ascended to Heaven, who did Jesus promise to send? (Chapter 21)**

The Holy Spirit

**46. What day is called the “Birthday” of the Church? (Chapter 22)**

Pentecost

- 47. How many persons are there in God? (Chapter 23)**  
There are three persons in one God.
- 48. What do we call the mystery of three Persons in one God? (Chapter 23)**  
The Blessed Trinity
- 49. Name the three Persons of the Blessed Trinity. (Chapter 23)**
1. God the Father is the First Person.
  2. God the Son is the Second Person. (Jesus)
  3. God the Holy Spirit is the Third Person.
- 50. What do we call things of faith that we cannot fully understand? (Chapter 23)**  
Mysteries
- 51. What does the Sacrament of Baptism do for us? (Chapter 24)**
1. Makes us children of God
  2. Takes away Original Sin
  3. Gives us Grace
- 52. What happens in every Mass? (Chapter 25)**  
Jesus comes to us in the Eucharist under the appearance of bread & wine.
- 53. What are the five main seasons of the Church and what color is associated with each? (Chapter 25)**
1. Advent - purple
  2. Christmas - white
  3. Ordinary Time - green
  4. Lent - purple
  5. Easter - white

**Prayers**

**Sign of the Cross**

**Our Father**

**Hail Mary**

**Angel of God**

**St. Michael Prayer**

**The Memorare**

**Grace Before Meals**

**Morning Offering**

**Act of Contrition**

**The Rosary**

**Glory Be**

**Apostles Creed**

**Act of Faith (short version)**

**Act of Hope (short version)**

**Act of Love (short version)**

**Stations of the Cross**

**Hail Holy Queen**

**Nicene Creed**

**Prayer of St Francis**

**Magnificat**

**Angelus**

**Come Holy Spirit**

**Chaplet of Divine Mercy**

**Prayer for Souls in Purgatory**

**Eternal Rest**

**Anima Christi**

	1	2	3	4	5	6	7	8
Sign of the Cross	M	R	R	R	R	R	R	R
Our Father	M	R	R	R	R	R	R	R
Hail Mary	M	R	R	R	R	R	R	R
Angel of God	M	R	R	R	R	R	R	R
St. Michael Prayer	E	M	R	R	R	R	R	R
The Memorare	E	E	E	M	R	R	R	R
Grace Before Meals	M	R	R	R	R	R	R	R
Morning Offering	E	M	R	R	R	R	R	R
Act of Contrition	E	E	M	R	R	R	R	R
The Rosary	E	E	M	R	R	R	R	R
Glory Be	E	E	M	R	R	R	R	R
Apostles Creed	E	E	E	M	R	R	R	R
Act of Faith (short version)	E	E	E	M	R	R	R	R
Act of Hope (short version)	E	E	E	M	R	R	R	R
Act of Love (short version)	E	E	E	M	R	R	R	R
Stations of the Cross	E	E	E	M	R	R	R	R
Hail Holy Queen	E	E	E	E	M	R	R	R
Nicene Creed	E	E	E	E	E	E	E	M
Prayer of St Francis	E	E	E	M	R	R	R	R
Magnificat	E	E	E	E	E	E	M	R
Angelus	E	E	E	E	M	R	R	R
Come Holy Spirit	E	E	E	E	E	E	M	R
Chaplet of Divine Mercy	E	E	E	E	E	M	R	R
Prayer for Souls in Purgatory	E	E	E	E	E	E	E	M
Eternal Rest	E	E	E	E	E	M	R	R
Anima Christi	E	E	E	E	E	E	M	R

**R=Review E=Encourage M=Memorize**

### **The Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### **Hail Mary**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

### **Our Father**

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

### **Grace Before Meals**

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

### **Glory Be**

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

### **Angel of God**

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

### **St. Michael Prayer**

Saint Michael the archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.



### **The Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

### **The Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day, for the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the conversion of all sinners, in union with the Holy Sacrifice of the Mass throughout the world. Amen

### **The Apostles Creed**

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; the third day he rose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From there He shall come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

### **The Magnificat**

My soul magnifies the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.  
He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.  
He has come to the help of his servant Israel  
for he remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.

### **Act of Contrition**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

### **Angelus**

P: The Angel of the Lord declared unto Mary  
R: And she conceived of the Holy Spirit. (Hail Mary)  
P: Behold the handmaid of the Lord  
R: Be it done unto me according to your word. (Hail Mary)  
P: And the Word was made flesh  
R: And dwelt among us. (Hail Mary)

Let us pray: Pour forth we beseech you O Lord Your grace into our hearts. That we to whom the incarnation of Christ Thy Son was made known by the message of an angel may by His passion and cross be brought the glory of His resurrection through the same Christ our Lord. Amen.

## **The Most Holy Rosary**

### **Joyful Mysteries**

Annunciation  
Visitation  
Birth of Jesus  
Presentation  
Finding of Jesus in the Temple

### **Sorrowful Mysteries**

Agony in the Garden  
Scourging at the Pillar  
Crowning with Thorns  
Jesus carries His Cross  
Crucifixion

### **Glorious Mysteries**

Resurrection  
Ascension  
Descent of the Holy Spirit  
Assumption of Mary  
Coronation of Mary

### **Luminous Mysteries**

Jesus' Baptism in the Jordan  
Wedding feast at Cana  
Jesus' Proclamation of the Kingdom of God  
The Transfiguration  
The institution of the Holy Eucharist

## **Hail Holy Queen**

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving O sweet Virgin Mary.

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose only-begotten Son, by his Life, Death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that, meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

### **Stations of the Cross**

- 1<sup>st</sup> Station: Jesus is condemned to death.
- 2<sup>nd</sup> Station: Jesus carries His cross.
- 3<sup>rd</sup> Station: Jesus falls the first time.
- 4<sup>th</sup> Station: Jesus meets His mother.
- 5<sup>th</sup> Station: Simon of Cyrene helps Jesus to carry His cross.
- 6<sup>th</sup> Station: Veronica wipes the face of Jesus.
- 7<sup>th</sup> Station: Jesus falls the second time.
- 8<sup>th</sup> Station: Jesus meets the women of Jerusalem
- 9<sup>th</sup> Station: Jesus falls a third time.
- 10<sup>th</sup> Station: Jesus' clothes are taken away.
- 11<sup>th</sup> Station: Jesus is nailed to the cross.
- 12<sup>th</sup> Station: Jesus dies on the cross.
- 13<sup>th</sup> Station: The body of Jesus is taken down from the cross.
- 14<sup>th</sup> Station: Jesus is laid in the tomb.

### **Act of Faith (short version)**

Oh my God, I believe in You and in all that You teach through Your Holy Church, because Your Word is true.

### **Act of Hope (short version)**

Oh my God, I hope in You for all the graces that I need for my eternal salvation and for heaven itself, because You are infinitely powerful, good and merciful and because You are faithful to Your word.

### **Act of Love (short version)**

O my God, I love you above all things, because You are infinitely good, and for Your sake I love my neighbor as myself.

### **Prayer of St. Francis**

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; Where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, To be understood as to understand, To be loved as to love; For it is in giving that we receive; It is in pardoning that we are pardoned; It is in dying to self that we are born to eternal life.

## **Nicene Creed**

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

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; Through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became a man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, Who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins and I look forward to the resurrection

of the dead and the life of the world to come. Amen.

## **Come Holy Spirit**

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

Let us pray:

O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in his consolation.

Through Christ our Lord. Amen

## **Anima Christi**

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within your wounds hide me.  
Suffer me not to be separated from Thee.  
From the malignant enemy, defend me.  
At the hour of my death, call me.  
And bid me come to Thee,  
That with thy saints I may praise Thee.  
Forever and ever.  
Amen.

## **Prayer for Souls in Purgatory**

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

## **Eternal Rest Prayer**

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

## **Chaplet of Divine Mercy**

### **Opening Prayers**

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty yourself out upon us.

*Repeat three times:*

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you!

### **Our Father**

### **Hail Mary**

### **The Apostles' Creed**

#### **For each of the five decades**

*On each "Our Father" bead of the rosary, pray:*

V. Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son, our Lord Jesus Christ,

R. in atonement for our sins and those of the whole world.

*On each of the 10 "Hail Mary" beads, pray:*

V. For the sake of his sorrowful Passion,  
R. have mercy on us and on the whole world.

**Conclusion** *Repeat three times:*

Holy God, Holy Mighty One, Holy Immortal One,  
have mercy on us and on the whole world.

**Closing Prayer** Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself.

Amen.