

Catholic Practices, Duties, and Common Lists

The Corporal Works of Mercy

The seven practices of Catholic charity toward our neighbor's body:

1. Feeding the hungry
2. Giving drink to the thirsty
3. Clothing the naked
4. Sheltering the homeless
5. Visiting the sick
6. Visiting the imprisoned
7. Burying the dead

The Spiritual Works of Mercy

The seven practices of Catholic charity toward our neighbor's soul:

1. Admonishing the sinner
2. Instructing the ignorant
3. Counseling the doubtful
4. Comforting the sorrowful
5. Bearing wrongs patiently
6. Forgiving injuries
7. Praying for the living and the dead

The Seven Deadly Sins with Conquering Virtues

The 7 deadly sins with the corresponding conquering virtues: (The conquering virtues are the virtuous actions that act as remedies against the deadly sins. Making the virtues habitual goes a long way in overcoming the seven deadly sins.)

1. Pride (Humility / Modesty)
2. Envy (Kindness / Charity)
3. Lust (Chastity / Purity)
4. Wrath (Patience / Meekness)
5. Gluttony (Abstinence / Moderation)
6. Greed/Avarice (Generosity / Liberality)
7. Sloth/Acedia (Diligence / Zeal)

The Three Eminent Good Works

1. Prayer
2. Fasting
3. Almsgiving

The Theological Virtues

The Theological Virtues are given at baptism, and are the foundation of Christian morality:

1. Faith
2. Hope
3. Love/Charity

The Cardinal (Moral) Virtues

The Cardinal Virtues are named because they play a pivotal role in Christian morality, and all other virtues are grouped around them:

1. Prudence (knowing the appropriate what, when, and how)
2. Justice (treating others fairly)
3. Temperance (acting moderately)
4. Fortitude (doing what's right in all situations)

Precepts of the Church

The Duties of Catholics as Listed in the Catechism

1. To attend Mass on Sundays and Holy Days of Obligation and rest from servile labor.
2. To receive the Sacrament of Reconciliation at least once a year, if aware of committing a mortal sin.
3. To receive Holy Communion at least once a year, between the first Sunday of Lent and Trinity Sunday.
4. To observe the fast days and abstinence days established by the Church.
5. To contribute to the material support of the Church

The Duties of Catholics added by the U.S. Bishops

6. Obeying the Marriage Laws of the Church
7. Join in the Missionary spirit of the Church

Catholic Practices, Duties, and Common Lists

Nine Ways of Being Accessory to Another's Sin

1. By counsel ("You should get an abortion")
2. By command ("You must get an abortion")
3. By consent ("You are getting an abortion? Good idea!")
4. By provocation ("He will get angry if I keep bugging him")
5. By praise or flattery ("Way to cheat on your wife buddy!")
6. By concealment ("I'll cover-up your crime")
7. By partaking ("We can rob this business together")
8. By silence ("I know you stole it, but I won't tell")
9. By defense of the sinful action ("His car was unlocked; it deserved to be stolen")

Sins against the Holy Spirit

1. Presumption on God's mercy
2. Despair
3. Resisting and/or attacking the known Truth
4. Envy at another's spiritual good
5. Obstinacy in sin
6. Final impenitence

Sins Crying to Heaven for Vengeance

1. Willful murder
2. Sodomy
3. Oppression of the Poor
4. Defrauding laborers of their wages

The Beatitudes (Matthew 5:1-11)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven
2. Blessed are those who mourn, for they shall be comforted
3. Blessed are the meek, for they shall inherit the earth

4. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied
5. Blessed are the merciful, for they shall obtain mercy
6. Blessed are the pure in heart, for they shall see God
7. Blessed are the peacemakers, for they shall be called sons of God
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven
9. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account Rejoice and be glad, for your reward is great in heaven

The Four Last Things

1. Death
2. Judgment
3. Hell
4. Heaven

Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord.

Fruits of the Holy Spirit

1. Charity (Love)
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-Control
12. Chastity