

The Religion Clock –

ONE GOD – infinite, created all things
only one ME

TWO NATURES IN CHRIST –
human—truly man and divine—truly God

THREE PERSONS IN ONE GOD – Father—creator
Son—redeemer
Spirit—sanctifier
(like a shamrock/ice, water, steam)

THREE THEOLOGICAL VIRTUES: Faith, Hope, Love

FOUR GOSPEL WRITERS – Matthew—apostle, tax collector
Mark—disciple of Peter
Luke—disciple of Paul
John—apostle, the “beloved disciple”

FOUR MARKS OF THE CHURCH – One, Holy, Catholic, Apostolic

FIVE WOUNDS OF CHRIST – side, hands, feet,

Also: Five parts of a good confession: examination of conscience, contrition, confession, resolution, and penance.

SIX HOLY DAYS OF OBLIGATION –

- January 1—Solemnity of Mary, Mother of God;
- Ascension Thursday—(date varies-40 days after Easter);
- August 15—Assumption of Mary;
- November 1—All Saints Day;
- December 8—Immaculate Conception;
- December 25—Christ’s birth (Christmas)

SEVEN SACRAMENTS – **Sacraments of Initiation:** Baptism; Confirmation; Eucharist; **Sacraments of Healing:** Penance (Reconciliation); Anointing of the Sick
Sacraments of Vocations (Service): Matrimony; Holy Orders



SEVEN GIFTS OF THE HOLY SPIRIT – Wisdom, Understanding, Knowledge, Counsel (Right Judgment), Fortitude (Courage), Piety (Reverence), and Fear of the Lord (Wonder & Awe).

EIGHT BEATITUDES –

Blessed are:

the poor in spirit, the kingdom of heaven is theirs;

they who mourn, they will be comforted;

the meek, they will inherit the earth;

they who hunger and thirst for righteousness, they will be satisfied;

the merciful, they will be shown mercy;

the clean of heart, they will see God;

the peacemakers, they will be called children of God;

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

NINE FIRST FRIDAYS – Our Lord promised St. Margaret Mary Aloccoque that those who receive Holy Communion on nine consecutive First Fridays and receive the Sacrament of Penance (Reconciliation) will not die in God's displeasure.

TEN COMMANDMENTS –

1. I am the Lord your God; you shall not have strange gods before Me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife/husband.
10. You shall not covet your neighbor's goods.

ELEVEN APOSTLES REMAINED FAITHFUL –

Peter, Bartholomew, Andrew, Matthew, James the Great, James the Less, John, Jude Thaddeus, Philip, Simon, Thomas. (Judas: betrayed Jesus)

TWELVE FRUITS OF THE HOLY SPIRIT –

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-control, and Chastity.