

## Appendix 8 — Formulas of Catholic Doctrine

### **The Two Great Commandments of Love (CCC 2196)**

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

### **The Golden Rule (Mt. 7:12) (CCC 1970)**

Do to others as you would have them do to you.

### **The Theological Virtues (CCC 1841)**

1. Faith
2. Hope
3. Charity

### **The Cardinal Virtues (CCC 1805)**

1. Prudence
2. Justice
3. Fortitude
4. Temperance

### **The Gifts of the Holy Spirit (CCC 1831)**

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

### **The Fruits of the Spirit (CCC 1832)**

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

### **Ten Commandments (CCC Part 3, Section 2)**

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.
10. You shall not covet your neighbor's goods.

### **The Beatitudes (CCC 1716; Mt. 5:3-12)**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward will be great in heaven.

**The Precepts of the Church**  
**(CCC 2042-2043)**

1. You shall attend Mass on Sundays and holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

**Marks of the Catholic Church**  
**(CCC 811)**

1. One
2. Holy
3. Catholic
4. Apostolic

**The Capital Sins (CC 1866)**

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

**The Four Last Things**  
**(CCC 1020, 1025, 1033, 1040)**

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

