

## Prayers:

This devotional prayer to The Virgin Mother Mary is a wonderful prayer for our needs and in thanksgiving for our blessings. We pray to the mother of Jesus, that she will intervene on our behalf and ask her son to hear our prayers. Say it nine times for your intention, and nine times in thanksgiving.

### The Memorare

**Remember**, O most gracious Virgin Mary,  
that never was it known that any who fled to your protection,  
implored thy help, or sought thy intercession was left unaided.  
Inspired with this confidence, I fly unto the, O Virgin of virgins,  
my Mother; to thee do I come, before the I stand, sinful and sorrowful.  
O Mother of the Word Incarnate, despise not my petitions,  
but in thy mercy, please, hear and answer me.  
Pray for us, O Holy Mother of God that we may be made worthy of the  
promises of Christ. Amen.

### St. Michael the Archangel

St. 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 Devine power of GOD, cast into hell Satan and all the  
evil spirits who roam throughout the world seeking the ruin of souls. Amen.

### St. Anthony to find lost things

St. Anthony, perfect imitator of Jesus, who received from God the special  
power of restoring lost things, grant that I may find [*name the item*] which  
has been lost. At least restore to me peace and tranquility of mind, the loss  
of which has afflicted me even more than my material loss. To this favor, I  
ask another of you: that I may always remain in possession of the true good  
that is God. Let me rather lose all things than lose God, my supreme good.  
Let me never suffer the loss of my greatest treasure, eternal life with God.  
Amen.

## St. Anthony of Padua Catholic Church

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## Catholic Formation 7th Grade

**In order to progress to the next grade your child must master the  
information in this leaflet, meet class expectations and attendance  
requirements**

## Commandments

1. You shall have no other gods besides ME.
2. You shall not take God's name in vain.
3. Remember to keep God's day holy.
4. Honor your Mother and Father.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie.
9. You shall not covet your neighbor's wife/husband
10. You shall not covet your neighbor's goods.

Basic Requirements for all Catholics too help others and thus ourselves to know God through our actions.

### Seven Corporal Works of Mercy

1. Feed the Hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the Sick.
6. Visit the imprisoned.
7. Bury the dead.

### Seven Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

**The Virtues** are Gifts from God that lead us to lead to live in a close relationship to Him. Virtues are like habits; they need to be practiced. The three most important are the **Theological Virtues** – they are from God and lead us to God:

### Faith , Hope, and Charity

**The Cardinal Virtues** are human virtues. They are acquired by education and good actions, and are needed for a virtuous life:

1. **Prudence** – the ability to judge between actions and determine if they are appropriate at the time and in the place you are.
2. **Justice** – the perpetual and constant will to allow others each his/her right to exist and choose.
3. **Temperance / Restraint** – practicing self-control, abstention, moderation; the ability and will of self-control or restraint of free will.
4. **Fortitude / Courage** – forbearance, endurance, and the ability to confront fears, uncertainty or intimidation.

### The Seven Deadly Sins vs. Virtues that stop them

Sins that destroy our souls and keep us from Heaven which good virtues can prevent

### Deadly Sins

1. Lust – craving for pleasures of the body
2. Gluttony – consuming more than one needs
3. Greed – desire for material things or wealth without charity
4. Sloth/Laziness- avoiding physical or spiritual work
5. Wrath/Anger – refusing to love and be kind to others
6. Envy/Jealousy – desiring others traits, status, abilities, situations etc.
7. Pride/Vanity – belief in one's self or abilities without acknowledging the graces and gifts of God to you

### Virtues

1. Chastity / Purity
2. Moderation /Temperance (self restraint)
3. Generosity / vigilance
4. Zeal and Integrity
5. Meekness / Composure
6. Charity / giving selflessly
7. Humility / Humbleness