

Review Questions From First Confession

1. What must we do to be happy with God in heaven? To be happy with God in heaven, we must know Him, love Him, and serve Him in this world.
2. How many kinds of Actual sin are there? There are two kinds of Actual Sin – Mortal sin and Venial sin.
3. What is prayer? Prayer is spending time with God, raising up our mind and heart to Him.
4. What kinds of prayers should I say?
 - Morning and night prayers
 - Daily Rosary
 - Spiritual reading
 - Meditation (Quietly thinking about God)

Sacraments & Grace

5. What is a Sacrament? An outward sign instituted by Christ to give us grace
6. What is Grace?
 1. Grace is a supernatural gift of God given to us through the merits of Jesus Christ.
 2. Grace is God's life in my soul
7. What does grace do for your soul? Grace makes my soul holy and pleasing to God; It helps me to love God more; and it helps me say NO to sin and temptation
8. How many kinds of grace are there? Actual grace and Sanctifying grace.
9. How do we gain Actual grace? Through prayer, good works, and the Sacraments
10. How do we gain Sanctifying Grace? Only through the Sacraments
11. What kind of Grace is necessary to get to Heaven? Sanctifying grace
12. What happens if a person dies without Sanctifying Grace? That person will go to hell.

Sin & Confession

13. When do we commit sin? We commit sin anytime we do something that we know is wrong.
14. Can we always resist the temptation to sin? Yes, with the help of God's grace
15. What must be mentioned to the priest in confession? All mortal sins in kind and in number.
16. What are the attributes of a good confession? A good confession is sincere, entire and complete

Holy Eucharist

17. What is the Sacrament of the Holy Eucharist? The Holy Eucharist is the Body, Blood, Soul and Divinity of Jesus Christ, under the appearances of bread and wine.
18. When did Jesus give us the Holy Eucharist? At the Last Supper, when he took bread into his hands and said “This is my Body” and when he took wine and said “This is my blood”
19. At what part of the Mass do the bread and wine become the Body, Blood, Soul and Divinity of Jesus? At the Consecration
20. What does the priest do and say at the Consecration? The priest takes bread into his hands, and says “This is my body” and then he takes the chalice of wine and says “This is my blood”
21. What is Transubstantiation? Transubstantiation is when the substance of bread and wine are entirely changed into the Body and Blood of Christ, even through all the appearances of bread and wine remain.
22. What is necessary to make a worthy Holy Communion? There are three things:
 1. We must be in a state of Grace (Be baptized and not have any mortal sin on our soul)
 2. We must observe the Church's law concerning fasting (1 hour before Holy Communion)
 3. We must have the right intention (Love of God and obedience to His Church)

23. What happens if we are at Mass but cannot receive Holy Communion? We should make a Spiritual Communion.
24. What is a Spiritual Communion? A spiritual communion is an act of love and desire to be united to Our Lord, without actually receiving Him in the Eucharist. We can make a Spiritual Communion at any time, even if we are not at Mass.
25. What happens when a person receives the Sacrament of the Holy Eucharist unworthily? He commits a mortal sin of sacrilege.

Confirmation

26. What is Confirmation? Confirmation is the sacrament through which the Holy Ghost comes to us in a special way, to make us spiritually mature and soldiers of Christ.
27. What three things do we receive with Confirmation?
 1. Sanctifying grace
 2. Sacramental grace
 3. The Character of Confirmation
28. What is Sacramental Grace? Sacramental grace is a special kind of grace particular to each sacrament, that helps us fulfill our obligations of living a Catholic life.
29. What is the Character of Confirmation? It is an indelible mark on our souls, signifying that we are soldiers in Christ's army.
30. What does 'indelible' mean? Indelible means something that will always be there and can never be erased.
31. What are the other two Sacraments that also imprint a lasting character on the soul? Baptism and Holy Orders.
32. What does the Oil (Holy Chrism) used in Confirmation Signify? It signifies spiritual strength and healing.
33. Why does the Bishop give us a blow on the cheek at Confirmation? To signify that we must be ready to suffer everything, even death, for the sake of Christ.