

**The two commandments of love:**

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 (*Matthew 7:12*):**

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

**The Beatitudes (*Matthew 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 four cardinal virtues:**

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

**The five precepts of the Church:**

1. You shall attend Mass on Sundays and on 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.

**The seven capital sins:**

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony

6. Envy
7. Sloth