

THE TEN COMMANDMENTS

- I. I am the Lord your God; you shall not have strange gods before me.
- II. You shall not take the name of the Lord your God in vain.
- III. Remember to keep holy the Lord's day.
- IV. Honor your father and your mother.
- V. You shall not kill.
- VI. You shall not commit adultery.
- VII. You shall not steal.
- VIII. You shall not bear false witness against your neighbor.
- IX. You shall not covet your neighbor's wife.
- X. You shall not covet your neighbor's goods.

THE BEATITUDES

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- Blessed are the meek: for they shall possess the land.
- Blessed are they who mourn: for they shall be comforted.
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the clean of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called the children of God.
- Blessed are they that suffer persecution for justice's sake: for theirs is the kingdom of heaven.

LIVELY VIRTUES/DEADLY SINS

- Humility
v. Pride
- Gratitude and Admiration
v. Envy
- Meekness & Forgiveness
v. Wrath
- Zeal & Diligence
v. Sloth
- Detachment &
Generosity
v. Avarice
- Moderation &
Asceticism
v. Gluttony
- Chastity
v. Lust