

1. **26-154 What is the Holy Eucharist?:** The Holy Eucharist is a sacrament and a sacrifice. Under the Holy Eucharist, under the appearances of bread and wine, Jesus Christ is contained, offered, and received.
2. **26-155 When did Christ institute the Holy Eucharist?:** Christ instituted the Holy Eucharist at the Last Supper on Holy Thursday, the night before He died.
3. **26-156 What happened at the Last Supper when Our Lord said: "This is My body... this is My blood?":** When Our Lord said "This is My Body," the bread was changed into His body; when he said "This is My Blood," the wine was changed into His blood.
4. **26-157 Did anything of the bread and wine remain after they had been changed into Our Lord's body and blood?:** After the bread and wine had been changed into Our Lord's body and blood, only the appearances of bread and wine remained.
5. **26-158 What do we mean by the appearances of bread and wine?:** The appearances means the color, taste, weight and shape.
6. **26-159 When did Christ give His priests the power to change bread and wine into His body and His blood?:** Christ gave His priests the power to change bread and wine into His body and blood when He said to the apostles at the Last Supper: "Do this in remembrance of Me."
7. **27-160 What is the Mass?:** The Mass is the sacrifice of the New Law in which Christ, through the priest, offers Himself to God in an unbloody manner under the appearances of bread and wine.
8. **27-161 Is the Mass the same sacrifice as the sacrifice of the cross?:** The Mass is the same sacrifice as the sacrifice of the cross.
9. **27-162 Is there any difference between the sacrifice of the cross and the Sacrifice of the Mass?:** The manner in which the sacrifice is offered is different. On the cross Christ physically shed His blood and was physically slain, while in the Mass there is no physical shedding of blood nor physical death.
10. **28-163 What is Holy Communion?:** Holy Communion is the receiving of Jesus Christ in the sacrament of the Holy Eucharist.
11. **28-164 What is necessary to receive Holy Communion worthily?:** To receive Holy Communion worthily, one must be free from mortal sin, have a right intention, and must obey the Church's laws on fasting before Holy Communion. But if a Catholic is in danger of death or is trying to protect the Blessed Sacrament from insult, no fast is required from receiving the Holy Eucharist.
12. **28-165 Does one who knowingly receives Holy Communion in mortal sin receive the body and blood of Christ and His graces?:** One who knowingly receives Holy Communion in mortal sin does receive the body and blood of Christ but does not receive His graces; he is committing a grave sin of sacrilege.
13. **28-166 How must we fast before Holy Communion?:** Before Holy Communion we must fast by not taking any food or drink for one hour, except water, which may be taken at any time.
14. **28-167 How should we prepare ourselves for Holy Communion?:** We should prepare ourselves for Holy Communion by thinking of Jesus, Our Divine Redeemer, whom we are about to receive, and by making fervent acts of faith, hope, love and contrition.
15. **28-168 What should we do after Holy Communion?:** After Holy Communion we should spend some time adoring Our Lord, thanking Him, renewing our promises of love and obedience to Him, and asking Him for blessings for ourselves and for others.
16. **28-169 Why is it well to receive Holy Communion often, even daily?:** It is well to receive Holy Communion often, even daily, because this close union with Jesus Christ is the greatest aid to a holy life.
17. **29-170 What is the sacrament of Penance?:** Penance is the sacrament by which sins committed after Baptism are forgiven
18. **29-171 What must we do to receive the sacrament of Penance worthily?:** To receive the sacrament of Penance worthily:
 1. examine our conscience
 2. be sorry for our sins
 3. make up our minds not to sin again
 4. confess our sins to the priest
 5. be willing to do the penance given by the priest
19. **29-172 What is an examination of conscience?:** An examination of conscience is a sincere effort to call to mind all the sins we have committed since our last confession.
20. **29-173 What should we do before our examination of conscience?:** Before our examination of conscience we should ask God's help to know our sins and to confess them with sincere sorrow.
21. **29-174 How can we make a good examination of conscience?:** We can make a good examination of conscience by calling to mind the commandments of God and of the Church, and by asking ourselves how we may have sinned with regard to them.
22. **30-175 What is contrition?:** Contrition is sincere sorrow for having offended God, and hatred for the sins we have committed, with a firm purpose of sinning no more.
23. **30-176 Why should we have contrition for mortal sin? We should have contrition for mortal sin because:**
 - it is the greatest of all evils,
 - it gravely offends God,
 - it keeps us out of heaven, and
 - it condemns us forever to hell.

24. **30-177 Why should we have contrition for venial sin?** We should have contrition for venial sin because
- it is displeasing to God,
 - it merits temporal punishment, and
 - it may lead to mortal sin
25. **30-178 How many kinds of contrition are there?** 2 Kinds of Contrition:
- perfect contrition
 - imperfect contrition
26. **30-179 When is our contrition perfect?** Our contrition is perfect when we are sorry for our sins because sin offends God, whom we love above all things for His own sake.
27. **30-180 When is our contrition imperfect?** Our contrition is imperfect when we are sorry for our sins because they are hateful in themselves or because we fear God's punishment.
28. **30-181 To receive the sacrament of Penance worthily, what kind of contrition is sufficient?** To receive the sacrament of Penance worthily, imperfect contrition is sufficient.
29. **30-182 What should we do if we commit a mortal sin?** If we commit a mortal sin, we should make an act of perfect contrition at once and go to confession as soon as we can.
30. **30-183 May we receive Holy Communion after committing a mortal if we merely make an act of perfect contrition?** No. An act of perfect contrition is not sufficient. One who has committed a mortal sin must go to confession before receiving Holy Communion.
31. **31-184 What is confession?** Confession is telling our sins to the priest to obtain forgiveness.
32. **31-185 Is it necessary to confess every sin?** It is necessary to confess every mortal sin which has not yet been confessed and forgiven; It is not necessary to confess our venial sins but is better to do so.
33. **31-186 What are we to do if, without our fault, we forget to confess a mortal sin?** If, without our fault, we forget to confess a mortal sin, we may receive Holy Communion, because the sin is forgiven; BUT, we must tell the sin if it again comes to our mind.
34. **31-187 What must a person do who has knowingly kept back a mortal sin in confession?** A person who has knowingly kept back a mortal sin in confession must
- confess that he has made a bad confession,
 - tell the sin that he has kept back
 - mention the other sacraments he has received since that time, and
 - confess all other mortal sins he has committed since his last good confession.
35. **32-188 Before entering the confessional, how should we prepare ourselves for a good confession?** We should prepare ourselves for a good confession by
- taking the time to examine our conscience,
 - to have sorrow for our sins, and
 - to make up our minds not to commit them again
36. **32-189 How should we begin our confession?** - Enter the confessional, kneel and making the sign of the cross.
- Say to the priest, "Bless me, Father, for I have sinned."
 - Then tell the priest how long it has been since our last confession
37. **32-190 After telling the time of our last confession, what do we confess?** First, we confess all mortal sins committed since our last confession, and also any that we have forgotten to tell in past confessions (nature and number of each). Next, we may also confess any venial sins we wish to mention
38. **32-191 What should we do if we cannot remember the exact number of our mortal sins?** If we cannot remember the exact number of our mortal sins, we should tell the number as nearly as possible; or say how often we have committed the sin(s) in a day / week / month / year.
39. **32-192 What should we do when we have committed no mortal sins since our last confession?** When we have committed no mortal sins since our last confession, we should confess our venial sins.
40. **32-193 How should we end our confession?** We should end our confession by saying, "I am sorry for these and all the sins of my past life."
41. **32-194 & 195 What should we do after confessing our sins?** After confessing our sins,
- we should truthfully answer any questions from the priest;
 - We must say, from the heart, an Act of Contrition when asked to do so;
 - We must accept the penance the priest gives us.
42. **32-196 What should we do after leaving the confessional?** After leaving the confessional we should return thanks to God for the sacrament we have received and do our penance
43. **34-203 What is Holy Orders?** Holy Orders is the sacrament through which men become priests, bishops, and other ministers of the Church.
44. **35-204 What is the sacrament of Matrimony?** Matrimony is the sacrament by which a baptized man and a baptized woman bind themselves for life in a lawful marriage and receive the grace to discharge their duties.
45. **36-205 What are sacramentals?** Sacramentals are holy things or actions of which the Church makes use to obtain for us from God, spiritual and temporal favors.
46. **36-206 Which are the sacramentals most used by Catholics** Most used sacramentals:
- holy water, blessed candles, ashes, palms, crucifixes, medals, rosaries, scapulars, images of Our Lord, the Blessed Virgin Mary and the saints
47. **37-207 What is prayer?** Prayer is the lifting up of our minds and hearts to God.

48. **37-208 Why do we pray?:** We pray:
1. to adore God
 2. to thank Him for His favors
 3. to obtain from Him pardon for our sins and the remission of their punishment
 4. to ask graces and blessings for ourselves and for others
49. **37-209 For whom should we pray?:** We should pray especially for ourselves, for our parents, relatives, friends, enemies, for sinners, the souls in purgatory, for the Pope, bishops and priest of the Church, for government officials
50. **37-210 Why do we not always obtain what we pray for?:** We do not always obtain what we pray for, either because we have not prayed properly, or because God sees that what we are asking would not be good for us.
51. **37-211 May we use our own words when praying to God?** Yes, we may use our own words when praying to God, and it is well to do so often.
52. **37-212 How do we usually begin and end our prayers?** Catholics begin and end our prayers with the Sign of the Cross.
53. **37-213 Why do we make the sign of the cross?:** We make the Sign of the Cross to express two important mysteries of the Christian religion:
1. The Blessed Trinity
 2. The Redemption
54. **37-214 Why is the Our Father the best of all prayers?** The Our Father is the best of all prayers because it is the Lord's Prayer, taught to us by Jesus Christ.