

A RULE OF LIFE.

WHAT WE MUST BELIEVE:—A SUMMARY OF CHRISTIAN DOCTRINE.

“WITHOUT FAITH IT IS IMPOSSIBLE TO PLEASE GOD.”—Heb. xi. 6.

There is only One True God. (Deut. vi. 4.) There are Three Persons in One God, the Father, the Son, and the Holy Ghost, and these Three are One. (1 S. John v. 7.) God made Heaven and Earth and all things therein. (Rev. iv. 11.) He created the First Man holy and upright. (Gen. i. 27.) This man sinned. (Gen. iii. 17.) By reason of this sin, sin came upon all men. (Rom. v. 12.) We are all born in original sin. (Ps. li. 5.) We are not able to make ourselves holy and righteous again. (Job xiv. 4.) Our sin deserves punishment. (Ezek. xviii. 4.) God the Son came down from Heaven to die as a sacrifice for man's sins and to give us holiness again. (Gal. iv. 4, 5.) He became True man. (S. John i. 14.) He took a real Body of the Holy Virgin (S. Luke i. 35.) And was named JESUS. (S. Luke ii. 21.) In this Body He died on the Cross for our sins. (S. Pet. ii. 24.) He rose again. (Rom. iv. 25.) He then sent His Apostles to call all men back to holiness (S. John xx. 21.) *Firstly*, by teaching men to believe in Him and to love Him. (Acts xvi. 31.) *Secondly*, by giving them His grace, or aid to make them holy again. (2 Cor. v. 18.) He then ascended in His Body to Heaven. (S. Luke xxiv. 51.) And sent God the Holy Ghost to give His Apostles power to do as He had bid them. (Acts ii. 33.) Jesus still lives in Heaven to intercede for us. (Heb. vii. 25.) Jesus, through His Apostles and Ministers, sends us His grace and holiness by means of the Sacraments. Baptism saves from original sin. (Acts ii. 38.) Holy Communion feeds our souls with Christ's real Body and Blood. (S. John vi. 51.) Confirmation gives us the gifts of the Holy Ghost. (Acts viii.

14-17.) Absolution cleanses our souls from sin after Baptism. (S. John xx. 23.) Matrimony gives holiness to the married state. (Eph. v. 31, 32.) Holy Orders gives grace to the ministers of Jesus Christ. (2 Tim. i. 6.) Unction gives grace to the sick. (S. James v. 14, 15.) Those who believe in Jesus Christ and receive His Sacraments are called His Church and His Body. (Eph. i. 22, 23.) There is only One Church. (Eph. iv. 4.) This Church is Holy, because it makes men holy. (Eph. v. 2.) It is Catholic, because all men are called to it (S. Mark xvi. 15), and it teaches all truth. (1 Tim. iii. 15.) It is Apostolic because it was founded by the Apostles, and is ruled by their successors. (Eph. ii. 20.) The Church can never be destroyed. (S. Matt. xvi. 18.) The ministers of the Church are to us in Christ's stead. (2 Cor. v. 20.) We must obey them. (Heb. xiii. 17.) If we refuse to hear the Church we are not true Christians. (S. Matt. xviii. 17.)

God wishes all men to be saved. (1 S. Tim. ii. 4.) Those who come to Christ and His Sacraments will be saved. (S. Mark xvi. 16.) Those who refuse will be lost. (Heb. x. 28, 29.)

Jesus Christ will come to earth again (Acts i. 11) to judge all men. (2 S. Tim. iv. 1. All the dead will rise to life again, and will come to judgment. (Rev. xx. 12.) Those who have loved and obeyed Christ will be taken to Heaven. (1 Thess. iv. 16, 17.) Those who have not done so will be sent to Hell. (S. Matt. viii. 12.) The good will be *for ever* in Heaven, and the bad *for ever* in Hell. (S. Matt. xxv. 46.)

✠ Oh, Saviour of the world, Who by Thy Cross and precious Blood hath redeemed us, save us and help us, we humbly beseech Thee, O LORD!

Soul of Jesus! once for me Offered on the shameful Tree, Heal, and make me by that cure Pure, as Thou Thyself art pure; Thou, of Life the Fountain fair, Draw me in and keep me there.

Blood of Jesus—Crimson Sea! Glorious as eternity, Fathomless—alone—sublime, Boundless Bath of human crime; Me, the leper, vile and mean, Plunge me in, and make me clean.

BEHOLD HOW HE LOVED US.



SURELY HE HAS BORNE OUR GRIEFS.

Water, from the sacred Side Of my Saviour crucified, Blending with the purple Gore, When His Agony was o'er; Flow in mercy, full and free, Flow for sinners, flow for me.

Holy Jesus! Lord of Heaven! Hide me where the Wound was given, Piercing through Thy Heart Divine; Hide me there, and make me Thine. Thou my only rest shalt be; Never let me fall from Thee! Amen.

We therefore pray Thee help Thy servants, whom Thou hast redeemed with Thy precious Blood.

WHAT WE MUST DO:—A SUMMARY OF CHRISTIAN PRACTICE.

“FAITH WITHOUT WORKS IS DEAD.”—S. James ii. 26.

DAILY PRAYERS.

MORNING.—When you first awake, make the sign of the Cross, thank God for your night's rest, and commend the day to Him. *All glory be to Thee, O Lord! Vouchsafe to keep me this day without sin.* Rise from your bed saying: *In the Name of the Father, and of the Son, and of the Holy Ghost!* When you are dressed, kneel down, and say the Lord's Prayer, the Creed, and Glory be to the Father, &c.

Offer all you are going to do at work, at school, or at home, to the greater glory of God. *Let every thought, word, and deed of mine be this day acceptable in Thy sight, O Lord, my Strength and my Redeemer.*

When you are dressed, kneel down, and say the Lord's Prayer, the Creed, and Glory be to the Father, &c.

Offer all you are going to do at work, at school, or at home, to the greater glory of God. *Let every thought, word, and deed of mine be this day acceptable in Thy sight, O Lord, my Strength and my Redeemer.*

Think what temptations you are likely to meet; what sins the Devil is likely to try to make you commit. Pray to be delivered from them. *Deliver me, O Lord, from mine enemies, for I flee unto Thee to hide me. Teach me to do the thing that pleaseth Thee!*

Pray for your Parents, Relations, Friends; for your Priest, the Church, &c. *Send them help from Thy Holy Place, O Lord; let not the Wicked One come near to hurt them.*

Pray also for the faithful dead. *Grant, O Lord, that they may find Thy mercy at the last great day.*

Make acts of Faith, Hope, Charity and Contrition. *O my God, I believe in Thee! O my God, I hope in Thee! O my God, I love Thee with all my heart! I hate my sins for Thy sake.*

Try to read some portion of God's Holy Word, or of some pious book. *Thy Word is a lantern to my feet, and a light unto my paths.*

AT MEALS.—Before each meal, make the sign of the Cross, and say: *“Bless us, O Lord, and these Thy gifts, of which, by Thy bounty, we are now about to partake. Through Christ our Lord. Amen.”*

After each meal, make the sign of the Cross, and say: *“We thank Thee, Almighty God, for these and all Thy benefits, Who livest and reignest for ever and ever. Amen.”*

MID-DAY.—At noon, try to call to mind how you have acted since the morning, and commend yourself anew to Jesus Christ. *By the Mystery of Thy Holy Incarnation, by Thy Cross and Passion, Good Lord, deliver us!*

DURING THE DAY.—Try often to offer what you are about to Jesus Christ. *My Jesus, I will do all for love of Thee!*

EVENING.—Before you go to bed, kneel down; make the sign of the Cross; remember you are in God's sight. *Thou, God, seeest me! Remember all the blessings God has given to you during the day. What are they? Health, Food, Safety, Grace, &c. Bless the Lord, O my soul, and forget not all His benefits!*

What sins have you fallen into during the day? Have you been proud, impure, angry, greedy, idle—in thought, word, or deed, at home, at work or at school? *Turn, O Lord, Thy Face from my sins, and blot out all my misdeeds. I confess my sin. Create in me a clean heart, O God!*

Commend your own soul, and the souls of all you are bound to pray for, living or dead, to the care of God. *Thou Lord of the living and the dead, give grace to the living, and rest to the departed. Into Thy hands, O Lord, I commend my spirit.*

Say the Lord's Prayer, the Creed, Glory be to the Father, &c. When you lie down in bed, remember your last end, sign yourself with the Cross, and say: *“In the hour of death and the Day of Judgment, Good Jesus, deliver me by Thy Cross and Passion.”*

ADVICE.—Try every day to be present at the celebration of the Holy Sacrifice; or at least to assist at some Office of the Church, in the morning or in the evening. If you cannot do this every day, do it as often as you can. *I will bless the Lord at all times; I will offer the Sacrifice of Thanksgiving, and will call upon the Name of the Lord.*

VICES AND VIRTUES.

Everybody has some particular vice or sin into which he falls more easily than into any other. You ought all to know what your besetting sin is, that you may pray against it every morning, and watch against it all day.

You must try to gain from God the virtue contrary to this fault. Thus: If you are inclined to pride, you must strive after humility, and so forth.

DUTY TOWARDS GOD.

Our duty towards God is briefly summed up for us in the first four Commandments:—

I. *Thou shalt have none other gods before Me.* We must love and obey God before all, and ought to be ready to die sooner than to offend Him.

II. *Thou shalt not make to thyself any graven image.* We must not give the honor due to God to any creature, and must pay to Him all due worship and service.

III. *Thou shalt not take the Name of the Lord thy God in vain.* We must reverence all that specially belongs to God, His Word, His Church, His House, His Priests, &c.

IV. *Remember that thou keep holy the Sabbath Day.* We must not work on Sundays and chief Holidays, and must attend the Divine Service, especially the Holy Sacrifice.

DUTY TOWARDS MY NEIGHBOUR.

Our duty towards our neighbour is summed up in the last six Commandments:

V. *Honour thy father and thy mother.* We must reverence and obey our Parents, our Priest, the Queen, our master or mistress, &c.

VI. *Thou shalt do no murder.* We must hurt nobody by word or deed, but must be gentle and kind to all, even to our enemies.

VII. *Thou shalt not commit adultery.* We must be pure in thought, word, and deed, and never join in unclean deeds or words with any one.

VI. *Thou shalt do no murder.* We must hurt nobody by word or deed, but must be gentle and kind to all, even to our enemies.

VII. *Thou shalt not commit adultery.* We must be pure in thought, word, and deed, and never join in unclean deeds or words with any one.

VIII. *Thou shalt not steal.* We must be true and just in all our dealings, giving to all men their due.

IX. *Thou shalt not bear false witness.* We must never lie to anybody about anything.

X. *Thou shalt not covet.* We must never wish that others may be hurt for our benefit, or be discontented at our own lot because we think others more fortunate than we are.

THE SACRAMENT OF THE ALTAR.

This Holy Mystery is both a Sacrifice and a Sacrament.

I. A SACRIFICE—Wherein the Body and Blood of Christ are offered for all, the whole Church, living and dead, under the forms of bread and wine. As a Sacrifice you should attend it every Sunday and chief Holiday at the least, and every day if you can. *O my God, I desire, in this Holy Sacrifice, to show forth before Thee the precious Death and Sacrifice of my Lord, Thy Son, our Saviour Jesus Christ. For the sake of that His most sacred Passion, have mercy upon all Thy Church, living or dead. Always have some particular grace or favour to ask of God at this Holy Sacrifice; this is called special intention.*

II. A SACRAMENT—Wherein the Body and Blood of Christ are verily and indeed taken and received, under the forms of bread and Wine. As a Sacrament, you ought to come and receive It as often as your Priest advises, for It is the Food of your soul. The Church commands that all must receive It at Easter, and twice a-year besides. *O my Jesus, I am going to eat Thy Flesh and drink Thy Blood in this Holy Mystery, for the salvation of my soul. I believe that Thou art really present. I hope for Thy grace; I love Thee for Thy love for me. I hate my sins. Come to me, O Jesus, and make haste to help me. Before you receive the Holy Communion, you must have a conscience clear from mortal sin (See “CONFESSION”), and you must fast from the midnight before you receive It.*

SPIRITUAL COMMUNION—Is desiring to be fed with the Body and Blood of Christ when you are not able to receive the Holy Sacrament of the Altar. Make an act of Spiritual Communion every day; and, whenever you attend the Holy Sacrifice, with receiving. *O my Jesus, feed me with Thy Flesh and Blood in my heart, although I cannot now receive Thy Sacrament with my mouth.*

CONFESSION.

The Church directs all those whose consciences are burdened with sin to open their grief to some qualified Priest. Every mortal sin is a burden too grievous to be borne by a well-regulated and tender conscience. The reason why you should confess your sin to the Priest is, that he has Christ's authority committed to him to absolve you from all your sins.

Whenever, then, you are so unhappy as to have defiled your soul by mortal sin, go, show thyself to the Priest, and especially before the Holy Communion.

Your Confession must be made with a contrite heart, or the absolution will do you no good. *O my God, I love Thee, and therefore I hate all my sins, and will hate them for ever. You must hide no mortal sin; if you do so, you show that you are not sincere, and you render your Confession worthless and evil, as you keep back part, while you pretend to reveal all. O my God, since I was not ashamed to sin in Thy sight, I will not blush to declare all my guilt to him who, though Thy Priest, is my fellow-sinner. You must go to Confession with a full purpose of making amends. O my God, I will cheerfully bear all the punishments Thou sendest me for my sins here; only save me, and let me love Thee for eternity.*

SICKNESS AND DEATH.

I. SICKNESS—Is often sent, either as the penalty of sin, or as a chastisement for careless living. When on a sick bed, do not wait till you are too ill to speak or think; but send for the Priest, that you may set your soul in order; for it is to His ministers that God has committed the ministry of reconciliation. *O my God, I do not deserve good health; I accept this sickness at Thy fatherly hand; let it work for my salvation, for the sake of Jesus Christ, Thy Son.*

Whenever your friends are ill, persuade them to send at once for their Priest. To wait on the sick and to comfort them is a work very pleasing in the sight of God our Saviour.

II. DEATH—This must happen to all. When it will be your lot, God only knows; it may be to-day, this night! Try, then, to live every day so as to be always ready. Death is not an evil to those who are seeking, with sincerity, to love Jesus and to serve Him; for it takes them to Him, and away from all sin. Death is the worst of evils to those who neglect or rebel against Jesus, for it cuts off all chance of repentance from them FOR EVER.

Do not forget to pray for your friends who have died in Christ. *O Jesus, by Thy Cross and Passion, prepare me every day for the hour of my death, and grant mercy, rest, and light to all Christian souls departed. Amen.*

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