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**Notre Dame Academy: Middle School Theology**

**November Prayers and Catechism Questions**

**□The Act of Contrition**. O my God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against You and Your Church. I firmly intend, with the help of Your Son, to make up for my sins and to love as I should. Amen.

**□Act of Love.** O my God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

**The New St. Joseph Baltimore Catechism:**

48. **What is man?** Man is a creature composed of body and soul, and made to the image and likeness of God.

49. **Is this likeness to God in the body or in the soul?**

This likeness to God is chiefly in the soul.

50. **How is the soul like God?** The soul is like God because it is a spirit having understanding and free will, and is destined to live forever.

52. **What was the chief gift bestowed on Adam and Eve by God?**

The chief gift bestowed on Adam and Eve by God was sanctifying grace, which made them children of God and gave them the right to heaven.

60. **What are the chief punishments of Adam which we inherit through original sin?** The chief punishments of Adam which we

inherit through original sin are: death, suffering, ignorance, and a strong inclination to sin.

62. **Was any human person ever preserved from original sin?**

The Blessed Virgin Mary was preserved from original sin in view of the merits of her Divine Son; and the privilege is called her Immaculate Conception.