

# What I must believe to be saved?

This is summarised in the CREDO prayer

*I believe in God, the Father Almighty, Creator of heaven and earth.*

*And in Jesus Christ, his only Son, our Lord; who was conceived of the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, was buried, descended into hell; on the third day rose from the dead, ascended into Heaven, and is seated at the right hand of God the Father Almighty, from where He will come to judge the living and the dead.*

*I believe in the Holy Ghost, the Holy Catholic Church, the communion of saints, the remission of sins, the resurrection of the flesh, and eternal life.*

*Amen.*



# What I must do to save myself?

The ten commandments of God

1. Thou shalt worship only one God.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Thou shalt keep holy the Sabbath Day.
4. Thou shalt honour thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not lie.
9. Thou shalt not covet thy neighbour's wife.
10. Thou shalt not wrongfully covet thy neighbour's goods.

## Act of contrition

*My God, I am saddened that I have offended Your sovereign majesty.*

*I detest all my sins, not only because I have deserved Your punishment, but especially because You are infinitely perfect and sovereignly lovable, and because sin displeases You.*

*I firmly resolve to correct myself and to avoid the occasions of sin.*

*In this contrition I want to live and die.*



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# After death...



**Whether I like it or not, death awaits me, and often sooner than I expect... Not thinking about it will not change anything.**

Whether I believe it or not, I have an immortal soul, which gives life to my body and allows me to think, to want freely, unlike animals. **At the moment of death, the soul separates from the body, but continues to live, to receive from God its Creator the reward or punishment for its actions.** And since the soul cannot cease to exist, this reward or punishment will last forever.

**This judgment** of my life will take place one day, and refusing to believe in it will not change anything. So let's try now to give ourselves the best chance to make it happen.



# God is good: He is just

- One cannot imagine a father who, under the pretext of goodness, would reward equally a child who makes no effort (and who does not care), and another who makes a lot of effort. Such an attitude, far from being good, would be unjust. But God, our Father, is Justice and Goodness itself.

- **The good will be rewarded.** God, who created us all, will judge us on all our thoughts and actions on this earth. He will reward the good who have tried to love and serve Him faithfully by living according to His law. These will go to Paradise, a place of endless happiness, without any mixture of evil, where man is filled with the vision and possession of God.

- The wicked will be punished. But God, because he is infinitely just, will also punish the wicked who have not believed in him, have not served him and have done evil, without effort to correct themselves or even regret their faults. These will go to hell, a place of endless suffering, which consists in the deprivation of God, our happiness, and in the punishment of fire and all other evils, without any mixture of good.

- We want to be eternally happy: let us try to please God here below in order to reach Paradise.



# Jesus Christ came to save us



- We are all sinners: we either do evil or fail to do the good we should have done. Since original sin (the sin of Adam and Eve, our first parents), we are too weak to resist evil. Moreover, in our own strength, we cannot deserve Paradise.

- Therefore, to rescue us from Hell, God became man: Jesus was born, lived in poverty, and died, for love of us, in excruciating pain on a cross. He thus paid the debt due to our sins and acquired for us superabundant graces to reach Heaven.

- All people can be saved, provided they accept the salvation brought by Jesus Christ. To do this, we must believe in Him and in all that His Church – the Catholic Church – teaches us in His Name, follow His Law, that is, obey His commandments, and pray to Him every day.

- Let us be among those who respond to the love of Jesus by accepting the salvation He has brought to us: I am the way, the truth and the life (John, 14:6), He said: let us follow Him!

# And what can we do for those who have died?

- We know that their souls still live. Is it in Heaven? In hell? We cannot know here on earth. But we can pray for them, in case they are in Purgatory.

- The Church teaches that the souls of people who have died in friendship with God, but are not yet pure enough to enter Heaven, stay in a place of suffering – called Purgatory – where they complete their purification. We can, by our prayers and sacrifices, by having Masses celebrated, deliver these souls from Purgatory, or at least shorten and diminish their suffering.

- The flowers we place on the grave of a loved one will be a gentle way of inviting us to pray for their soul. It will also be a reminder of the purpose of life, and what we must do to avoid hell and earn Heaven. Let us never forget that no man is too bad on this earth to despair of God's forgiveness.

- And then, let us learn a lesson from this visit to our deceased: for us it is not yet too late. Let us entrust ourselves to the Virgin Mary, our good Mother in Heaven, so that she may help us to take the right steps to go to Heaven.

