

## **Catholic Prayers You Must Know**

### **The Sign of the Cross:**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### **The Our Father:**

Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

### **Hail Mary:**

Hail Mary,  
full of grace, the Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary,  
Mother of God,  
pray for us sinners, now and at the hour of our death.  
Amen.

### **Glory Be:**

Glory be to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now, and ever will be. Amen.

**Act of Contrition:**

O my God,  
I am heartily sorry for having offended you.  
I detest all my sins because of Your just punishments,  
but most of all because they offend You, my God,  
Who are all good and deserving of all my love.  
I firmly resolve, with the help of Your grace, to confess my sins,  
to do penance, and to amend my life. Amen.

**Guardian Angel Prayer:**

Angel of God, my guardian dear,  
to Whom God's Love commits me here,  
Ever this day be at my side,  
To light, to guard to rule and guide. Amen

**Grace Before Meals:**

Bless us, O Lord, and these thy gifts,  
which we are about to receive  
from thy bounty,  
through Christ our Lord. Amen.

**Grace After Meals:**

We give you thanks, almighty God,  
for these and all your gifts  
which we have received  
through Christ our Lord. Amen.

**St. Michael Prayer:**

St. Michael, the Archangel, defend us in battle.  
Be our defense against the wickedness and snares of the devil.  
May God rebuke him, we humbly pray, and do thou, O prince of the heavenly hosts,

by the power of God, thrust into hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

**Apostles' Creed:**

I believe in God,  
the Father almighty,  
creator of heaven and earth.

and in Jesus Christ,  
his only Son, our Lord,

Who was conceived by the of the Holy Spirit  
born of the Virgin Mary.

suffered under Pontius Pilate,  
was crucified, died and was buried,

he descended into hell,

on the third day he rose again from the dead,

he ascended into heaven  
and is seated at the right hand of God the Father almighty,

from where he will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.

## **Teachings You Must Know**

### **The Seven Sacraments:**

Baptism  
Confirmation  
Eucharist  
Penance  
Anointing of the Sick  
Matrimony  
Holy Orders

### **The Ten Commandments:**

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against you neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet you neighbor's goods.

## Steps to a Good Confession

- Know your sins (use your Examination of Conscience, Ten Commandments, precepts of the Church.) What sins must we bring to confession? (Mortal sins, and number or frequency.) We can also confess venial sins. We must be honest and not leave out any mortal sins intentionally. If you purposely withhold a mortal sin, you have made a bad confession and must confess this and your entire confession all over again. If you honestly forget to confess a mortal sin, then you can confess it next time you receive the Sacrament of Penance.
- Be sorry for your sins. *Perfect Contrition* is when we are sorry because our sins have offended God. *Imperfect Contrition* is when we are sorry for our sins for fear of God's just punishment. Either is acceptable to receive the Sacrament of Penance, though we should strive for *perfect contrition*. Pray the Act of Contrition.
- Decide not to sin again. You should learn from your sins and not desire to repeat them. Think about how you can avoid these sins again and avoid opportunities for sin.
- Confess your sins to a priest in the Sacrament of Penance. The priest acts in the person of Christ and his Church. Jesus gave him the power to forgive your sins. The priest is bound by the sacramental seal never to tell your sins to anyone. You should be honest and humble when telling you sins to the priest.
- Accept absolution and do the penance that the priest assigns you. Doing your penance shows that you are serious about wanting to overcome your sin. Penance unites you to Jesus, who paid the full price for you sins by dying upon the Cross.

## **The Rite of the Sacrament of Penance**

The penitent may choose to be face-to-face or anonymous behind a screen.

1. Make the sign of the Cross and say, "Bless me father, for I have sinned; it has been \_\_\_\_\_, since my last confession."
2. Confess your sins to the priest.
3. Listen to him and honestly answer any questions that he may have.
4. Receive your penance.
5. Make your Act of Contrition.
6. Receive absolution.
7. Respond "Amen."
8. The Priest may say: "Go and sin no more."
9. Respond: "Thanks be to God!"
10. When you are dismissed, say thank you to Father and leave the confessional.  
Then go and do your penance.

## **Examination of Conscience**

- How have I acted toward God? Do I think of God and speak to Him, praying to Him each day?
- Do I speak of God with reverence?
- Do I go to Mass on Sunday?
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I participated in Mass, or do I tease and distract others by laughing, talking or playing?
- Do I pay attention to my parents, priests and teachers when they talk to me about God?
- How have I acted toward others?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I tell my parents or those in authority over me that I am sorry and ask them to forgive me when I don't obey them?
- Do I obey the rules of my home and school?
- Am I kind to everyone?
- Do I help my brothers, sisters and classmates when they need my help?
- Did I hit, kick or in any way hurt others on purpose?
- Am I willing to play with everyone?
- Did I make fun or say mean things to anyone?

- Do I do all my classwork and my chores well?
- Do I take care of my health by eating the right food?
- Do I think or do bad things or say bad words?
- Do I tell the truth?
- Do I say things about other people that are not true?
- Did I cheat in class or in a game?
- Did I steal or keep things that are not mine?
- Am I willing to share my things with others?
- Do I return things that I have borrowed?



## **Responses to Mass Prayers**

***Penitential Rite*** (This is when we ask forgiveness from God and one another for the times we have sinned.)

***We Say:***

I confess to almighty God,  
and to you my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do;

***(We strike our breast during the next two lines)***

through my fault, through my fault,  
through my most grievous fault;

therefore I ask blessed Mary, ever Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.,

*Father: Lord have mercy*

***Us: Lord have mercy***

*Father: Christ have mercy*

***Us: Christ have mercy***

*Father: Lord have mercy.*

***Us: Lord have mercy.***

## **Liturgy of the Word**

*After the first & second reading*

**The reader will say:**

The word of the Lord.

**We respond by saying:**

And with your spirit.

**The Pries will say:**

A reading from the Holy Gospel according to.....

**We respond by saying:**

Glory to You, Lord.

*After the reading of the Gospel*

**The Priest will say:**

The Lord be with you.

**We respond by saying:**

Praise to you, Lord Jesus Christ.

## **Eucharistic Prayer**

**The Priest will say:**

The Lord be with you.

**We respond by saying:**

And with your spirit.

**The Priest will say:**

Lift up your hearts.

**We respond by saying:**

We lift them up to the Lord.

**The Priest will say:**

Let us give thanks to the Lord our God.

**We respond by saying:**  
It is right and just.

### **The Sign of Peace**

**The Priest will say:**  
The peace of the Lord be with you always.

**We respond by saying:**  
And with you spirit.

*(The priest invites the people to give the sign of peace.)*

**Priest: Let us offer each other the sign of peace.**  
*The people exchange the sign of peace.*

### **Communion Rite**

*Agnus Dei, quitolis peccata mundi: miserere nobis.*

**Lamb of God, you take away the sins of the world: have mercy on us.)**

*Agnus Dei, quitolis peccata mundi: miserere nobis.*

**Lamb of God, you take away the sins of the world: have mercy on us.)**

*Agnus Dei, quitolis peccata mundi: dona nobis pacem.*

**Lamb of God, you take away the sins of the world: grant up peace.)**

**The Priest will say:**  
Behold the lamb of God,  
Behold Him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.

**We respond by saying:**  
**Lord I am not worthy that you should enter under my roof,  
but only say the word and my soul shall be healed.**

*We then go up to receive Communion. When you arrive before the priest or Extraordinary Minister you will make a solemn bow. Then open your mouth and put out your tongue or make your hands into an altar, to receive the Eucharist.*

**The Priest or Eucharistic Minister says:**

“The Body of Christ.”

**We respond by saying:**

Amen.

**The Priest or Eucharistic Minister says:**

“The Blood of Christ.”

**We respond by saying:**

Amen.

### **Dismissal**

**The Priest will say:**

Go in peace to love and serve the Lord.

**We respond by saying:**

Thanks be to God.

## **Reconciliation Questions**

1. What is a Sacrament?
2. What are the seven Sacraments?
3. What Sacrament do you want to receive?
4. What is the Sacrament of Reconciliation?
5. What is sin?
6. Who committed the first sin on earth?
7. What is the first sin committed on earth called?
8. What washed away Original Sin?
9. What is Baptism?
10. Why do we go to Confession?
11. What are the five steps to make a good Confession in the Sacrament of Penance?
12. When does a person sin?
13. What is Venial sin?
14. What is Mortal sin?

15. What must be present for it to be a Mortal sin?

16. What are the Ten Commandments?

17. Recite the Ten Commandments?

### **First Holy Communion Questions**

1. What is a Sacrament?

2. What are the seven sacraments?

3. What Sacrament do you want to receive?

4. What is the Eucharist?

5. When did Jesus give us the Eucharist?

6. At the Last Supper, what did Jesus do with the bread and wine?

7. Why can priests today change bread and wine into the Body and Blood of Jesus?

8. How can a priest change the bread and wine into the Body and Blood of Christ?

9. When do the bread and wine become the Body and Blood of Jesus?

10. What words must a priest say at Mass for the bread to become the Body of Christ?

11. What words must a priest say at Mass for the wine to become the Blood of Christ?

12. After the prayer consecrating the Eucharist, is it still bread and wine?

13. What is this change called?

14. What is necessary to receive Holy Communion?

15. Why is Holy Communion a special gift from God?

16. What is the Mass?
17. Why is Mass offered to God?
18. What does Eucharist mean?
19. Why has Christ given Himself to us in the Holy Eucharist?
20. How can we participate in the Mass?
21. What is the Liturgy of the Word?
22. What is the Gospel?
23. Tell a Gospel story from the Bible, that talks about the Eucharist.
24. Who is the Bread of Life?
25. What did Jesus promise to those who eat the Bread of Life?
26. What is the other main part of the Mass called?
27. What is the Eucharistic Prayer?
28. Who is the Lamb of God?
29. What does the Lamb of God do?