

2nd Year Holy Communion Class

Prayers

Act of Contrition

O my God, I am heartily sorry for Having offended Thee, and I detest all my sins because of thy just punishments, but most of all because They offend Thee, my God, who art all good and deserving of my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

The Ten Commandments

These are the rules God gave Moses to help the people be close to God. We obey them because we love God.

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 your 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 your neighbor.
9. You shall not covet your neighbor's spouse.
10. You shall not covet anything that belongs to your neighbor.

Act of Contrition (or prayer of the Penitent)

O My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Five Steps for a good confession (Sacrament of Penance)

- Think of my sins
- Be sorry for my sins
- Ask God's help to help me become better
- Confess my sins
- Do the penance given