
PRAYERS

SIGN OF THE CROSS

In the name of the Father, and of the son, and of the Holy Spirit. 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 will be forever. Amen.

HAIL MARY

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

THE LORD'S PRAYER

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.

ACT OF CONTRITION

My God, I am so sorry for my sins with all my heart. In choosing to 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.

GUARDIAN ANGEL PRAYER

O Angel of God, my Guardian dear, to whom God's love commits me here, ever this day (or *night*) be at my side, to light and guard, to rule and guide. Amen.

PRAYER TO SAINT MICHAEL

Saint Michael the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God thrust down to hell Satan and all the wicked spirits, who wander through the world for the ruin of souls. Amen.

THE 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 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 there he will come 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 life everlasting. Amen.

NICENE CREED

Be familiar with the long version used during Mass

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth Your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever rejoice in His consolation, through Christ Our Lord. Amen.



Know and understand the meaning to the following teachings

THE TEN COMMANDMENTS

1. You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.
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 desire your neighbor's wife.
10. You shall not desire your neighbor's goods.

THE SEVEN GIFTS OF THE HOLY SPIRIT

1. Wisdom
2. Understanding
3. Counsel (Right Judgement)
4. Fortitude (Courage)
5. Knowledge
6. Piety (Reverence)
7. Fear of the Lord (Wonder and Awe)

THE TWELVE FRUITS OF THE HOLY SPIRIT

1. Peace
2. Joy
3. Kindness
4. Charity
5. Modesty
6. Patience
7. Gentleness
8. Self-control
9. Goodness
10. Chastity
11. Faithfulness
12. Generosity

THE SEVEN SACRAMENTS

1. Baptism
2. Penance and Reconciliation
3. Eucharist
4. Confirmation
5. Matrimony
6. Holy Orders
7. Anointing of the Sick

CORPORAL WORKS OF MERCY

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Visit the sick.
5. Shelter the homeless.
6. Visit the imprisoned.
7. Bury the dead.

SPIRITUAL WORKS OF MERCY

1. Admonish the sinner. *(to warn someone of something to be avoided)*
2. Instruct the ignorant.
3. Counsel the doubtful.
4. Comfort the afflicted.
5. Bear wrongs patiently.
6. Forgive injuries.
7. Pray for the living and the dead.