

# PRAYERS FOR FIRST HOLY COMMUNION



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

## 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.

(Matthew 6:9-13)

## HAIL MARY

Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou amongst 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.



## 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 shall be,  
world without end. Amen



## APOSTLE'S 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.



# The 10 Commandments

## HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.  
To You do we cry poor banished  
children of Eve; to You do we send up  
our sighs, mourning and weeping in  
this valley of tears. Turn, then, O most  
gracious Advocate, Your eyes of  
mercy toward us and after this our  
exile, show unto us the blessed fruit of  
Your womb, Jesus.

O clement, O loving,  
O sweet Virgin Mary,  
Pray for us,  
O holy Mother of God.

That we may be worthy  
of the promises  
of Christ.  
Amen.



1. **I, the Lord, am Your God. You shall not have other gods besides me.** (God is first in my life.)
2. **You shall not take the name of the Lord, your God, in vain.** (Respect God's name.)
3. **Remember to keep holy the Sabbath day.** (Attend Mass every Sunday.)
4. **Honor your father and your mother.** (Respect and obey my parents and those who care for us.)
5. **You shall not kill.** (We should not hurt others with our words.)
6. **You shall not commit adultery.** (We should take care of our bodies and respect others.)
7. **You shall not steal.** (This includes cheating on a test or copying from someone.)
8. **You shall not bear false witness against your neighbor.** (We should not lie.)
9. **You shall not covet your neighbor's wife.** (I must share my parents with my brothers and sisters. I must share my friends with others.)
10. **You shall not covet anything that belongs to your neighbor.** (I should not be jealous or envious of what others have.)

## ACT OF CONTRITION

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.

