



ACT OF PENITENCE

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do; and 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. **Amen.**

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. Jesus Christ suffered and died for us. In his name, dear God, forgive me. **Amen.**

THE VIRTUES THEOLOGICALS

Faith—Hope—Charity

MORAL VIRTUES

Prudence—Justice—Fortitude—Temperance



HOW TO MAKE A GOOD CONFESSION

1. I think of my sins
2. Be truly sorry for them
3. Promise God not to sin again
4. Say all my sins to the priest
5. Do the penitence

CORPORAL WORKS OF MERCY

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead

SPIRITUAL WORK OF MERCY

- Help the sinner.
- Teach the ignorant.
- Counsel the doubtful.
- Comfort the sorrowful.
- Bear wrong patiently.
- Forgive injuries.
- Pray for the living and the dead

THE GIFTS OF THE HOLY SPIRIT

- Wisdom
- Understanding
- Right judgment
- Courage
- Knowledge
- Reverence
- Wonder and awe



Catholic Basic Prayers

Religious Education Program





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. Forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. **Amen.**

HAIL MARY

Hail Mary, full of grace: The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinner, now and at the hour of our death. **Amen.**

THE GLORIA

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.**



THE SEVEN SACRAMENTS

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

TWO GREAT COMMANDMENTS

Love God with your whole heart, your whole soul, your whole mind and your whole strength to love your neighbor as yourself

THE TEN COMMANDMENTS

1. I am the Lord, your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath 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 wife.
10. You shall not covet anything that belongs to your neighbor.

THE RULES OF THE CHURCH

Take part in the Eucharist every Sunday and holy day. Do no unnecessary work on Sunday. Receive the sacrament of Penance once a year. Receive Holy Communion at least during the Easter season. Do penance on the appointed days. Contribute to the support of the Church.

THE APOSTLES CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. **Amen.**

