



Prayers for Kids

Catholic Prayers · First Communion Program · 2026–2027

Prayers We Pray Every Day →

Every prayer in this booklet was checked against the official texts of the Church (USCCB · Misal Romano).

Program contacts

Coordinator: Alvaro E. Guardado · (323) 560-2381 ext. 119

Secretary: Gerardo Ruiz · ext. 116

Online: sroflima.org/first-communion

Prayers We Pray Every Day

1		2		3		4	
							
Father <i>Padre</i>		Son <i>Hijo</i>		Holy Spirit <i>Espíritu Santo</i> left shoulder · hombro izquierdo		Amen <i>Amén</i> right shoulder · hombro derecho	

The Sign of the Cross

To begin every prayer

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

Glory Be

To praise God

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 Our Father

Every day · at Mass

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

Every day · the Rosary

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.

Prayer to Your Guardian Angel

Morning & night

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.



Grace Before Meals

Before meals

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

At Mass & What We Believe

At Holy Communion

Before Holy
Communion

Lord, I am not worthy that you should enter under my roof,
but only say the word and my soul shall be healed. *(from the
Mass)*



The Nicene Creed

What we believe

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, **bow ↓** and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

↑ end bow For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with 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. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

How We Live

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 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 your neighbor's goods.

The Seven Gifts of the Holy Spirit

Wisdom	Understanding
Counsel	Fortitude
Knowledge	Piety
Fear of the Lord	

The Precepts of the Church

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Confess serious sin at least once a year.
3. Receive Holy Communion at least once a year during the Easter season.
4. Observe the days of fast and abstinence.
5. Provide for the needs of the Church.

The Corporal Works of Mercy

Feed the hungry	Give drink to the thirsty
Clothe the naked	Visit and ransom the captives
Shelter the homeless	Visit the sick
Bury the dead	

The Spiritual Works of Mercy

Admonish sinners	Instruct the ignorant
Counsel the doubtful	Comfort the sorrowful
Bear wrongs patiently	Forgive all injuries
Pray for the living and the dead	



How to Pray the Rosary

1. The Sign of the Cross + Apostles' Creed
2. The Our Father
3. Hail Mary ×3
4. Glory Be
5. The Our Father + Hail Mary ×10
6. Glory Be — ×5
7. Hail, Holy Queen
8. The Sign of the Cross





When We Are Sorry

Act of Contrition

At confession

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.

Hail, Holy Queen

After the Rosary

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you we cry, poor banished children of Eve. To you we send up our sighs, mourning and weeping in this valley of tears. Turn then, 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. Amen.

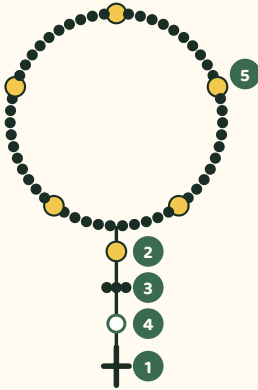
Five Steps to a Good Confession

1. I think about my sins.
2. I am truly sorry for them.
3. I promise God I will not sin again.
4. I tell all my sins to the priest.
5. I do the penance I am given.

When Going to Confession

1. The Sign of the Cross — the priest welcomes you.
2. A short Scripture reading (optional).
3. You confess: "Bless me, Father, for I have sinned. My last confession was ___ (how long ago). I want to tell God I am sorry for what I have done, and I ask God to forgive me. For these and all my sins, I am truly sorry."
4. The priest gives you a penance, and you say the Act of Contrition aloud.
5. The priest gives Absolution and a final blessing — you say "Amen."
6. You return to your pew to do your penance and say your closing prayers.

How to Pray the Rosary



The Rosary, Step by Step

1. Start at the cross: pray the Sign of the Cross, then the Apostles' Creed.
2. On the next bead, pray one Our Father.
3. On the three small beads, pray three Hail Marys — for faith, hope, and love.
4. At the medal, pray the Glory Be.
5. For each of the five sets on the loop: say the Mystery, pray one Our Father, then ten Hail Marys, then one Glory Be.
6. After all five, pray the Hail, Holy Queen.
7. End with the Sign of the Cross.

Joyful Mysteries

Monday & Saturday

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

Luminous Mysteries

Thursday

1. The Baptism of the Lord
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

Sorrowful Mysteries

Tuesday & Friday

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

Glorious Mysteries

Wednesday & Sunday

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary