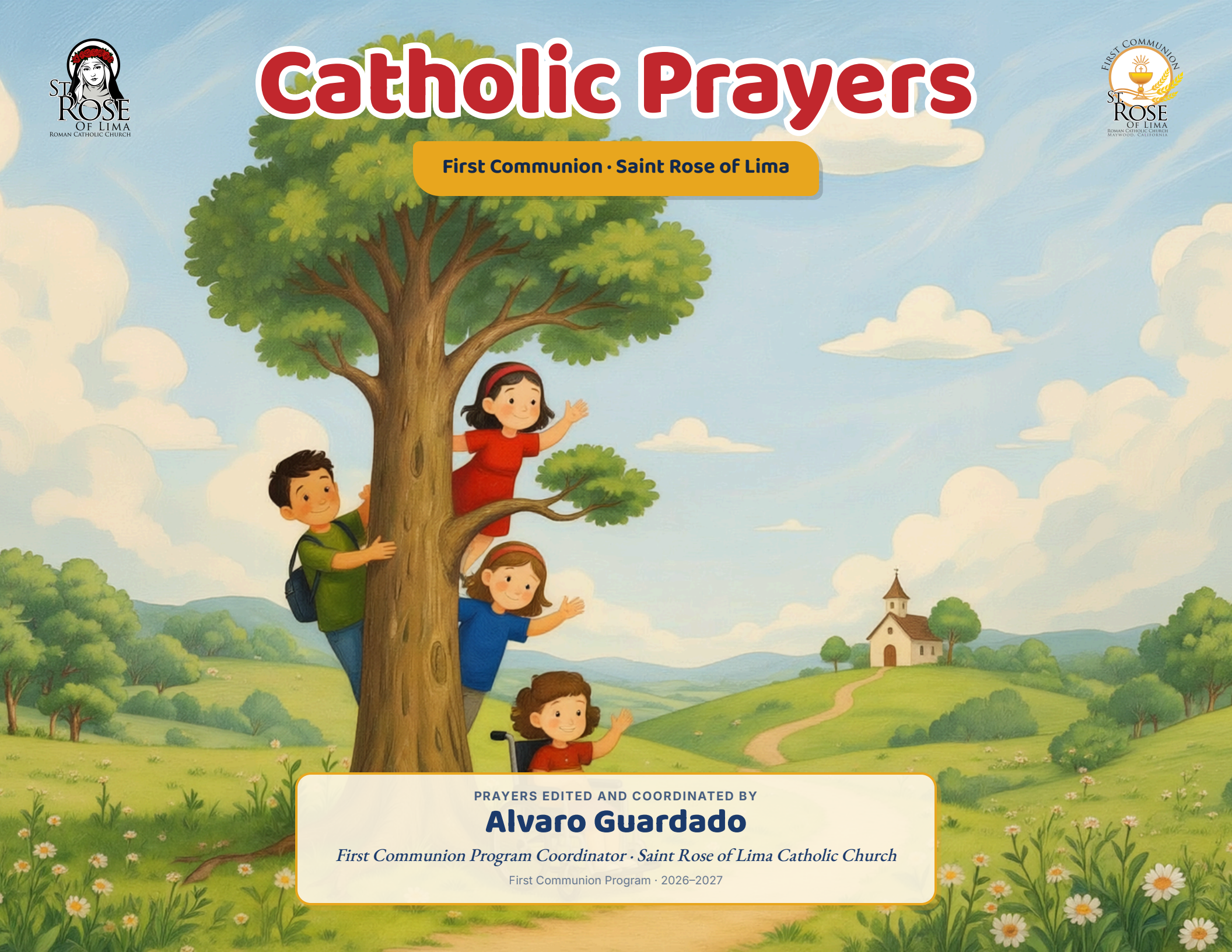




Catholic Prayers

First Communion • Saint Rose of Lima



PRAYERS EDITED AND COORDINATED BY

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First Communion Program • 2026–2027

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; 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

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.

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.

The Hail Holy Queen

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.





Nicene Creed

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, **ALL BOW** and by the Holy Spirit was incarnate of the Virgin Mary, and became man. 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.

RUBRIC

At the words "and by the Holy Spirit ... and became man", all bow.

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 Sign of the Cross



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

Use your right hand: forehead, chest, left shoulder, right shoulder.

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.

The Seven Gifts of the Holy Spirit

Wisdom Understanding Counsel Fortitude
Knowledge Fear of the Lord Piety

I Confess

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore, 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.





Five Steps 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 penance.

When Going to Confession

- 1 Sign of the Cross / Welcome by the priest.
- 2 Scripture reading (optional).
- 3 Confession and penance: "Bless me, Father, for I have sinned. My last confession was (how long ago?). I want to tell God that I am sorry for the things that I have done and ask God to forgive me. For these and all my sins, I am truly sorry."
- 4 Listen to the penance that the priest gives you to do after Confession.
- 5 Say the Prayer of Sorrow aloud (the Act of Contrition).
- 6 Absolution and final blessing. Say "Amen".
- 7 Return to the pew for penance and final prayers.

The Corporal Works of Mercy

- To feed the hungry.
- To give drink to the thirsty.
- To clothe the naked.
- To visit and ransom the captives.
- To shelter the homeless.
- To visit the sick.
- To bury the dead.

The Spiritual Works of Mercy

- To admonish sinners.
- To instruct the ignorant.
- To counsel the doubtful.
- To comfort the sorrowful.
- To bear wrong patiently.
- To forgive all injuries.
- To pray for the living and the dead.





The Precepts of the Church

The precepts of the Church describe the minimum effort we must make in prayer and living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor.

- 1 Attendance at Mass on Sundays and Holy Days of Obligation.
- 2 Confession of serious sin at least once a year.
- 3 Reception of Holy Communion at least once a year during the Easter season.
- 4 Observance of the days of fast and abstinence.
- 5 Providing for the needs of the Church.

Pray every day.

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