

## 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.

## Come 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, by the light of the Holy  
Spirit, you have taught the  
hearts of your faithful. In the  
same Spirit, help us to know  
what is truly right and always to  
rejoice in your consolation. We  
ask this through Christ, Our  
Lord. Amen.

## 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.

## Acts 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 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.

## Soul of Christ

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ,

wash me.  
Passion of Christ, strengthen  
me.  
O Good Jesus, hear me.  
Within your wounds hide me.  
Permit me not to be separated  
from you.  
From the wicked foe, defend  
me.  
At the hour of my death, call  
me  
and bid me come to you  
That with your saints I may  
praise you  
Forever and ever. 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.

## Profession of Faith

### Nicene Creed

I believe in one God, the  
Father, the 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: and by the Holy Spirit  
was incarnate of the Virgin  
Mary, and became man. For  
our sake he was crucified  
under Pontius Pilot, 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.

### **The Sign of the Cross**

In the name of the father,  
and of the Son,  
and of the Holy Spirit.

Amen.

### **The five precepts of the Catholic church**

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the prescribed days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church, each according to his own ability.

### **The Seven Sacraments**

#### **Sacraments of Initiation**

1. Baptism
2. Confirmation
3. Holy Eucharist

#### **Sacraments of Healing**

4. Reconciliation
5. Anointing of the Sick

#### **Sacraments of Service**

6. Marriage
7. Holy Orders



OFFICE OF RELIGIOUS  
EDUCATION

## **My prayers**