

Prayers

Sign of the Cross

In the name of the Father, the Son and the Holy Spirit, as it was in the beginning is now and ever shall be a world without end. –Amen

*(**Suggest starting with this one:** practice it daily as it must be memorized)*

Act of Contrition

Oh my God, I am heartily sorry for having offending thee and I detest my sins most sincerely, because I dread the loss of Heaven and the fires of Hell but most of all because they offend thee, my God who is all good and deserving of all my love. I firmly resolve to sin no more and to avoid the near occasion of sin through Christ our Lord. –**Amen** (**Suggest starting with this one:** practice it daily as it must be memorized)

How to do an Examination of Conscience

This can be done by reflecting on the 10 commandments

**Reference for Parents: United States Catholic Catechism

<https://www.usccb.org/sites/default/files/flipbooks/catechism/500/>

Steps for Confession

Step 1: Do an examination of Conscience

(This can be done by reflecting on the 10 Commandments)

Step 2: Confess your sins

Step 3: Complete your penance

(Listen for what the Priest wants you to do for your penance)

Step 4: Say the prayer “Act of Contrition”

Step 5: Bow your head and wait for the Priest to offer you absolution

(The priest will stretch his hands over your head to pray the prayer of absolution. When he finishes, you respond with “**Amen**”)

10 Commandments

1. I am the Lord your God. You shall not have other God’s 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 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 thy neighbor's wife
10. You shall not covet anything that belongs to your neighbor

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. (**Suggestion: This can be prayed at night before going to bed**)

Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among 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. (**Suggestion: This can be prayed at night before going to bed**)

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. (**Suggestion: This can be prayed at night before going to bed**)

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,
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.

Guardian Angel:

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.

(Suggestion: This can be prayed before going to school/ starting school)

St. Michael Prayer:

St. Michael the Archangel defend us in battle be our protection against the wickedness and snares of the devil, may God rebuke him we humbly pray and do though oh prince of the heavenly host, cast into Hell Satan and all the evil spirits that prowl about the world seeking the ruins of souls. –Amen

(Suggestion: This can be prayed before going to school/ starting school)

Prayer before meals:

Bless us O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen. **(Suggestion: You can write this prayer on an index card and have it on the dining table so that when you eat as a family your child can lead you in prayer with this prayer).**

******Parent's bless your children daily in your own words. God gives you that authority to bless your children. Husband & Wife bless each other daily. 😊******