

BASIC CATHOLIC PRAYERS & TEACHINGS

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 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.

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.

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 10 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. 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 lie
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

SEVEN SACRAMENTS

1. Baptism
2. Confirmation *Initiation*
3. Eucharist
4. Penance & Reconciliation *Healing*
5. Anointing of the Sick
6. Holy Orders
7. Matrimony *Service*

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.