

Taking Traditional Prayers to Heart: Memorization of Prayer—One of the ways that we sustain the “memory” of the Church is through the memorization, or “taking to heart,” of traditional prayers. Traditional prayers are like family heirlooms—they have been passed on from generation to generation.

THE SIGN OF THE CROSS

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

THE LORD’S PRAYER

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 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.

GLORY BE (DOXOLOGY)

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.

ACT OF CONTRITION

O my God, I am heartily sorry for all my
sins because they offend You, who are
infinitely good, and I firmly resolve, with
the help of Your grace, never to offend
You again. Amen.

THE SEVEN SACRAMENTS

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony



THE TEN COMMANDMENTS

*God gave us the Ten Commandments.
They help us to do good and avoid evil.
The first 3 have to do w/our relationship
to the Lord our God and the other 7 have
to do w/ our relationship to one another.*

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 you 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.

PRAYERS FOR CONFIRMATION

THE 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:
(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.

THE 7 GIFTS OF THE HOLY SPIRIT

*The Holy Spirit makes it possible for us to
do what God the Father asks of us by
giving us many gifts. Four gifts help us **to
know** God's will. The other three help us
to do his will.*

Know God's Will

Wisdom
Understanding
Right judgment
Knowledge

Do God's Will

Courage
Reverence
Wonder and awe

THE THEOLOGICAL VIRTUES

*Practicing these virtues, given to us at
Baptism, strengthens us over time and
helps us make good decisions and give the
best of ourselves.*

1. Faith
2. Hope
3. Charity (Love)

THE BEATITUDES

Read: Matthew 5:3-12:

1. Blessed are the Poor in Spirit, for
theirs is the kingdom of Heaven.
2. Blessed are those who mourn, for
they will be comforted.
3. Blessed are the meek, for they will
inherit the earth.
4. Blessed are those who hunger and
thirst for righteousness for they will
be filled.
5. Blessed are the merciful, for they
will be shown mercy.
6. Blessed are the pure in heart, for
they will see God.
7. Blessed are the peacemakers, for
they will be called sons of God.
8. Blessed are those who are
persecuted because of
righteousness, for theirs is the
kingdom of heaven.