

## Level One Prayers

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### **The Trinity**

God the Father  
God the Son  
God the Holy Spirit

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

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

### **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  
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 death. Amen.

### **Glory Be to the Father**

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.

### **An Act of Contrition**

O my God, I am heartily sorry for having  
offended Thee, and I detest all my sins,  
because I dread the loss of heaven, and the  
pains of hell; but most of all because they  
offend Thee, my God, Who are all good and  
deserving of all my love. I firmly resolve,  
with the help of Thy grace, to confess my  
sins, to do penance, and to  
amend my life. Amen.

### **How to Go to Confession**

1. Kneel down and bless yourself.
2. Say "Bless me, Father, for I have sinned. It's been \_\_ since my last confession and here are my sins.")
3. Listen to the priest as he talks to you and gives you a penance.
4. Say the Act of Contrition.
5. Say "amen" when the priest gives you absolution.
6. Leave the confessional and say your penance.

### **The Ten Commandments**

1. I am the Lord your God, you shall have no other gods before me.
2. You shall not take the Lord's name in vain.
3. Keep holy the Sabbath.
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 about your neighbor.
9. You shall not covet your neighbors' wife.
10. You shall not covet your neighbor's goods.

### **The Seven Sacraments**

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