

## **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.

## **THE 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.

## **THE 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.

## **GUIDE TO CONFESSION FOR ADULTS**

BLESS ME, FATHER, FOR I HAVE SINNED.  
MY LAST CONFESSION WAS \_\_\_\_\_ AGO.  
THESE ARE MY SINS: \_\_\_\_\_.

I AM SORRY FOR THESE SINS  
AND ALL THE SINS OF MY LIFE,  
ESPECIALLY FOR THE SIN OF \_\_\_\_\_.

## **THE PRIEST ASSIGNS A PENANCE.**

O MY GOD, I AM HEARTILY SORRY  
FOR HAVING OFFENDED YOU,  
AND I DETEST ALL MY SINS  
BECAUSE OF YOUR JUST PUNISHMENTS,  
BUT MOST OF ALL  
BECAUSE THEY OFFEND YOU, MY GOD,  
WHO ARE ALL-GOOD  
AND DESERVING OF ALL MY LOVE.  
I FIRMLY RESOLVE,  
WITH THE HELP OF YOUR GRACE,  
TO SIN NO MORE AND TO AVOID  
THE NEAR OCCASIONS OF SIN.  
AMEN.

## **THE PRIEST GRANTS THE ABSOLUTION.**

## **THE TEN COMMANDMENTS**

I AM THE LORD YOUR GOD.  
YOU SHALL NOT HAVE OTHER GODS BEFORE ME.

YOU SHALL NOT TAKE THE NAME  
OF THE LORD YOUR GOD IN VAIN.

REMEMBER TO KEEP HOLY THE LORD'S DAY.

HONOR YOUR FATHER AND YOUR MOTHER.

YOU SHALL NOT KILL.

YOU SHALL NOT COMMIT ADULTERY.

YOU SHALL NOT STEAL.

YOU SHALL NOT BEAR FALSE WITNESS  
AGAINST YOUR NEIGHBOR.

YOU SHALL NOT COVET  
YOUR NEIGHBOR'S WIFE.

YOU SHALL NOT COVET  
YOUR NEIGHBOR'S GOODS.

***LORD JESUS CHRIST, SON OF GOD,  
HAVE MERCY ON ME, A SINNER!***

## **THE PRECEPTS OF THE CHURCH**

ATTEND MASS ON SUNDAYS AND HOLYDAYS.

FAST AND ABSTAIN ON THE DAYS APPOINTED.

GO TO CONFESSION AT LEAST ONCE A YEAR.

RECEIVE THE EUCHARIST DURING EASTER TIME.

CONTRIBUTE TO THE SUPPORT OF THE CHURCH.

FOLLOW THE MARRIAGE LAWS OF THE CHURCH.

## **PREPARATION FOR HOLY COMMUNION**

BE FREE FROM ALL SERIOUS SIN  
THROUGH SACRAMENTAL CONFESSION.

FAST FOR AT LEAST ONE HOUR  
FROM ALL FOOD AND DRINK  
EXCEPT WATER AND MEDICINE.

***PRAISED BE JESUS CHRIST!  
NOW AND FOREVER. AMEN.***