

BASIC CATHOLIC PRAYERS

THE SIGN OF THE CROSS

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

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, Full of Grace,
The Lord is with thee.

Blessed art thou among women,
and blessed is the fruit of thy womb,
Jesus.
*(always bow your head at the name of
Jesus)*
Holy Mary, Mother of God,
pray for us sinners now, and
at the hour of our death. Amen.

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.

I CONFESS to almighty God, and to you,
my brothers and sisters, that I have sinned
through my own fault, *(strike breast)*
in my thoughts and in my words,
in what I have done,
and in what I have failed to do:
and I ask Blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.
Amen.

Act of Contrition (short form)

O my God, because you are so good, I am
very sorry that I have sinned against you and
with the help of your grace, I will not sin
again. Amen.

THE TEN COMMANDMENTS

1. I am the Lord thy God; you shall not have false gods before me.
2. You shall not take the name of the Lord your God, in vain.
3. Remember to keep holy the Sabbath Day.
4. Honour 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 bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

N.B.

Before starting on the First Holy Communion programme in the parish your child will need to know: -

1. Always to bow his / her head at the name of Jesus.

and

2. **HOW TO GENUFLECT**
(right knee down),
and when and where to genuflect.

To assist you it is recommended that you get for your child as soon as possible *(available from the Piety Shop – can be ordered, – or from the CTS shop beside the Cathedral in Cardiff):-*

1. A Simple Prayer Book

and

2. A Catechism of Christian Doctrine