

Sign of the Cross (K)

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

Morning Offering (K)

My God, I offer you today, all that I think, and do and say. Uniting it with what was done, on earth, by Jesus Christ, your son. Amen.

Guardian Angel Prayer (K)

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light, and guard, to rule and guide. Amen.

Grace Before Meals (K)

Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty through Christ our Lord. Amen.

Grace After Meals (K)

We give you thanks, Almighty God, for these and all your blessings; which we have received from your bounty, through Christ, our Lord. Amen.

Genuflection (K)

Looking toward the Tabernacle or Blessed Sacrament, bend your right knee all the way to the floor, close to the heel of the left foot, keeping your back straight and a slight bow of the head. Hold for a moment while making the sign of the cross and then stand.

Emergency Prayer (K)

Dear Jesus, Give comfort to those in need, wisdom and safety to those who come to their aid. Amen

Our Father (Lord's Prayer) (K)

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.

O Sacrament Most Holy (1)

O Sacrament most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine. (said three times)

Hail Mary (1)

Hail Mary, full of grace, the Lord is with thee. Blessed are you 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 (1)

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.

Gospel Preparation (1)

(Before the Gospel reading, make three small crosses on the forehead, lips and heart while saying the following): May your word be on my mind, on my lips and in my heart.

St. Michael the Archangel (1)

St. Michael the Archangel, Defend us in battle. Be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen

Act of Contrition (2)

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. Amen.

Gloria (1)

Glory to God in the highest, and on earth peace to people of good will. We praise you. We bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen

10 Commandments (2)

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

2 Great Commandments (2)

"You shall love the Lord, your God, with all your heart, with all your soul, with all your mind, and with all your strength. You shall love your neighbor as yourself."

Matthew 22:37, 39

Types of Sin (2)

1. Original Sin - Every human being except Jesus and Mary, is affected by original sin of the first human beings disobeying God and choosing their own will. It is the fallen state of human nature.
2. Personal Sin - It is a deliberate thought, word, deed or omission contrary to the eternal law of God.

Rite of Reconciliation (2)

1. You say: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**
2. Priest: my God help you to know your sins and trust in His mercy.
3. You say: **Amen**
4. You say: **Forgive me Father for I have sinned.**
5. Then tell the priest your sins
6. You pray the Act of Contrition
7. Priest prays over you
8. You say: **Amen**
9. Return to your seat and say your penance

Communion Fast (2)

You must not eat or drink anything except water needed to take medications for one hour before receiving communion.

Communion Prayer (2)

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

How to receive Communion (2)

Walk up to communion with your hands folded. Bow in reverence to Jesus present in the Eucharist. Hold your right hand under your left hand and bring both hands high to receive communion. Respond Amen. If you receive from the cup, bow before receiving the cup, respond Amen, and take a small sip. Then give the cup back.

Nicene Creed (2)

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. (end bow) 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.

12 Apostles (3/4)

Peter, Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, another James, Simon, Jude and Mathias. Judas is the apostle who betrayed Jesus.

4 Evangelists (3/4)

Matthew, Mark, Luke, John

Spiritual Works of Mercy (3/4)

1. Help people who sin
2. Teach those who don't know
3. Give advice to those with doubt
4. Comfort the suffering
5. Be patient with others
6. Forgive the people who hurt you
7. Pray for people who are alive and for those who have died.

Corporal Works of Mercy (3/4)

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe those who need clothing
4. Visit prisoners
5. Shelter the homeless
6. Visit the sick
7. Bury the people who have died

7 Sacraments (3/4)

Baptism, Reconciliation, Eucharist, Confirmation, Holy Orders, Matrimony, Anointing of the Sick

Holy Spirit Prayer (3/4)

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth Your Spirit and they shall be created. And you will renew the face of the Earth. Amen.

8 Beatitudes (3/4)

Matthew 5:1-12

1. Blessed are the poor in spirit, for theirs is the kingdom of Heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Hail Holy Queen (5/6)

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To thee do we cry, the poor banished children of Eve; to thee we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus: O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be worthy the promises of Christ. Amen.

Apostles Creed (5/6)

I believe, in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Fatima Prayer (5/6)

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy. Amen.

Mysteries of the Rosary (5/6)

Joyful: (Jesus' youth)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

Luminous: (Jesus shows himself)

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

Sorrowful: (Jesus suffers)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning of Thorns
4. The Carrying of the Cross
5. The Crucifixion

Glorious: (Jesus glorified)

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

Holy Days of Obligation (5/6)

1. Solemnity of Mary, Mother of God:
January 1 - we honor Mary the Mother of God
2. Ascension of Jesus: 7th Sunday of the Easter Season - Jesus ascends into heaven
3. Assumption: August 15 - Mary was taken into heaven body and soul
4. All Saint's Day: November 1 - We honor all the saints in heaven
5. Immaculate Conception: December 8 - Mary was free from sin from the moment of conception
6. Christmas: December 25 - We celebrate the birth of Jesus

Abortion Prayer (5/6)

Jesus, Mary, and Joseph, I love you very much. I beg you to spare the life of the unborn baby that I have spiritually adopted, who is in danger of abortion. Amen.

Cardinal Virtues (5/6)

1. Prudence - Know what is good and choose right means of achieving it. It perfects intellect.
2. Justice - Give what is owed to God and others. It perfects the will.
3. Fortitude - resist temptation and overcome obstacles. It moderates fear.
4. Temperance - moderate our desire for pleasurable goods. It controls our enjoyment of sensual pleasures.