

# **Basic Prayers**

## **Sign of the Cross**

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

## **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.

## **The 10 Commandments**

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

## **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.

## **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,  
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 Seven Sacraments**

- Baptism
- Confirmation
- Eucharist
- Reconciliation
- Anointing of the sick
- Holy Orders
- Matrimony

## **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.

## **Act of Contrition**

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, dear God,  
forgive me. Amen