

# **Prayers and Theology**

## **for High School “Year 3” Confirmation Candidates**

**Our Lady of Lourdes Roman Catholic Church**

Erath, Louisiana

### **The Gifts of the Most Holy Spirit**

Wisdom, Fortitude, Understanding,  
Counsel, Knowledge, Piety, Fear of the Lord

### **The Fruits of the Most Holy Spirit**

Charity, Generosity, Joy, Gentleness, Peace,  
Fidelity, Patience, Modesty, Kindness, Self-  
Control, Goodness, Chastity

### **How to Prepare for a Sick Call**

Cover a small table with a white tablecloth. If possible, the table should be prepared near the bed so as to be within sight of the sick person. On the table place a Crucifix, two blessed and lighted candles—one on either side of the Crucifix—a bottle of Holy Water and a dish containing two pieces of cotton.

If the Priest is bringing the Most Holy Eucharist, also place a spoon, a napkin and a glass of water on the table. When the Priest arrives, a member of the family should meet him at the door with a lighted candle, genuflect to the Most Blessed Sacrament, and lead the Priest into the sick room.

### **Prayer to Jesus Christ Crucified**

My Good and Dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope, and charity with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your Five Wounds, and dwell upon them with deep compassion and grief, I recall, Good Jesus, the words the prophet David spoke long ago concerning Yourself: *“They have pierced My Hands and Feet; they have counted all My Bones!”*

### **How to Baptize in the Case of an Emergency**

Pour ordinary water on the forehead of the person to be baptized, with the intention of doing what Holy Mother Church does, and while pouring it, say: **“[Name],** I baptize thee in the Name of the Father, and of the Son, and of the Holy Spirit.”

Any person of faith of either sex who has reached the age of reason can and should baptize in case of necessity. The same person must say the words while pouring water.

**Father Melancon also encourages us  
to pray/review our “First Communion prayers” on a daily basis.**

*(See attached pages.)*

# Recite These Prayers Every Day!

*(Revised by Father Melancon in June 2014 to include "M" and "N")*

**NOTE 1:** The prayers marked with an **asterisk (\*)** are useful when we prepare to go to Confession.

**NOTE 2:** Although these prayers were learned in Grades 1-2, they should be recited every day! The prayers marked with an **(M)** should be recited every morning, while the prayers marked with an **(N)** should be recited every night to help us remember (and reflect upon) on the sins we committed during the day. We should also make plans to go back to Confession soon!

## **The Sign of the Cross\* (M,N)**

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

## **The Lord's Prayer\* (M,N)**

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\* (M)**

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.

## **Glory Be\* (M)**

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.

## **Angel of God (M)**

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

## **The Ten Commandments\* (review often)**

1. I am the Lord, your God. You shall not have any other 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. Honor 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 neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

**(This "Year 3" Prayer Sheet continues on page 3.)**

## Act of Contrition\*(N)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy Grace, to sin no more and to avoid the near occasion of sin. Amen.

## Brief Examination of Conscience\*(N)

What sins have I committed of thought, word, deed, or omission, against Almighty God, neighbor, and self?

## The Apostle's Creed (recite often)

**NOTE:** All Christians of "reasonable age" should know and be able to recite/explain what we believe. The Apostle's Creed specifically states the twelve (12) most basic articles in the fundamental doctrine of Christianity. It is also recited in the Rosary.

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, and on the third day, He arose from the dead. He ascended into Heaven and sits at the right hand of God, the Father Almighty, from thence He shall 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.

## Prayer before Meals (daily)

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

## Our "Conversation" with the Priest (and with God) in the Confessional

Bless me, Father, for I have sinned. This is my first Confession. I have (*tell your sins to the priest*). For these and any other sins I may have forgotten, I am truly sorry.

**NOTE:** Upon our return to the Confessional, we can no longer say "*This is my first Confession.*" Instead, we say, "It has been \_\_\_ weeks (or months or years) since my last Confession."