

Prayers and Theology for High School “Year 1” Confirmation Candidates

Our Lady of Lourdes Roman Catholic Church

Erath, Louisiana

The Great Commandments

Jesus said that the whole Law (God’s Ten Commandments) can be summed up in two Commandments:

1. Thou shall love the Lord, thy God, with thy whole heart, with thy whole soul, and with thy mind.
2. Thou shall love thy neighbor as thyself.

Matthew 22:37-39

Note: Christ’s **First Great Commandment** corresponds to Commandments 1-3 (of the Ten Commandments), reminding us how to love and respect God. His **Second Great Commandment** corresponds to Commandments 4-10 (of the Ten Commandments), reminding us how to love and respect our neighbors as ourselves.

The Commandments of Mother Church

1. To assist at Holy Mass on all Sundays and all Holy Days of Obligation.
2. To confess your sins at least once a year.
3. To receive Holy Communion during the Easter Season.

4. To keep holy the Holy Days of Obligation.
5. To fast and abstain on the days appointed.
6. To contribute to the support of the Church.

What is a Sacrament?

A Sacrament is an outward sign instituted by Jesus Christ to give grace.

The Seven Holy Sacraments

Sacraments of Initiation: Holy Baptism, Holy Confirmation, Holy Communion

Sacraments of Healing: Holy Confession (also called Reconciliation or Penance), Anointing of the Sick

Sacraments of Vocation/Mission: Holy Orders, Holy Matrimony

The Theological Virtues

Faith, Hope, Charity

Father Melancon also encourages us
to pray/review “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 1" 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.*"