

Lesson Three: Confession Prayers

Opening Prayers for Confession:

- **Bless me, Father, for I have sinned.**
- **My last confession was ____ ago.**
- **These are my sins: _____.**
- **I am sorry for these sins, and all the sins of my life, especially for the sin of: _____.**

Penance: the priest gives you a Penance to do later.

Act of Contrition: then recite the Act of Contrition.

- **Lord Jesus Christ, Son of God, have mercy on me, a sinner.**
- Fill me with your Spirit, so that I may live a new life.
- Help me to know you, to love you, and to serve you in this world,
- so that I may be happy with you both now and for all eternity.
- Thank you, Lord. Amen.

Absolution: when the priest gives you the blessing of forgiveness, make the Sign of the Cross. Remember to do your Penance later.

The Golden Rule of the Old Testament:

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

The New Commandments of Jesus Christ:

“Love one another as I have loved you.” “Be perfect as your heavenly Father is perfect.” “If you love me, keep my commandments.”

BASIC CATHOLIC PRAYERS AND TEACHINGS LESSONS ONE THROUGH THREE

Lesson One: Basic Catholic Prayers

- **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. 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.**



Lesson Two: Basic Mass Prayers

Opening Rites:

- I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore 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.

Liturgy of the Word:

- The word of the Lord. **Thanks be to God.**
- The Lord be with you. **And with your spirit.**
- A reading from the holy Gospel according to . . .
Glory to you, O Lord.
- The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Offertory Prayer:

- Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.
- **May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good, and the good of all his holy Church.**



Preface and the Holy Holy:

- The Lord be with you. **And with your spirit.**
- Lift up your hearts. **We lift them up to the Lord.**
- Let us give thanks to the Lord our God. **It is right and just.**
- **Holy, Holy, Holy Lord, God of hosts.**
Heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Mystery of Faith: (first option)

- **We proclaim your death, O Lord, and profess your Resurrection until you come again.**

Great Amen:

- Through him, and with him, and in him . . . for ever and ever. **Amen.**

Lord's Prayer: (conclusion)

- **For the kingdom, the power, and the glory are yours, now and forever.**

Sign of Peace:

- The peace of the Lord be with you always. **And with your spirit.**

Lamb of God:

- **Lamb of God, you take away the sins of the world, have mercy on us.**
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.

Communion Prayer:

- Behold the Lamb of God,
 behold him who takes away the sins of the world.
 Blessed are those called to the supper of the Lamb.
- **Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

Receiving Communion:

- The Body of Christ. **Amen.**
- The Blood of Christ. **Amen.**

Concluding Prayers:

- The Lord be with you. **And with your spirit.**
- May almighty God bless you . . . **Amen.**
- Go in peace. **Thanks be to God.**

Lesson Six: The Six Precepts of the Church

1: Attend Mass on Sundays and Holydays.

- Sundays: if you are too sick to go to Mass, you are too sick to go out and play.
- Holy Days: Assumption, All Saints, Immaculate Conception, Christmas, and New Year.

2: Fast and abstain on the days appointed.

- Lenten Penance: Ash Wednesday, Good Friday, and all the Fridays of Lent.
- Friday Penance: to remember the sacrifice of Jesus on the cross for our sins.

3: Go to Confession at least once a year.

- Examination of Conscience: at the end of each day reflect on your moral life.
- Formation of Conscience: follow the teachings of Christ about right and wrong.

4: Receive the Eucharist during Easter time.

- Fasting before Communion: one hour at least to prepare for Holy Communion.
- Penance before Communion: for serious sin, go to Confession before Communion.

5: Contribute to the support of the church.

- Join your parish: be a registered and active member of your parish community.
- Support your parish: your time, talent, and treasure can make a real difference.

6: Follow the marriage laws of the church.

- Getting married in the Catholic Church: go to the parish where you attend Mass each Sunday.
- Preparing for sacramental marriage: lead a pure life as a single Christian man or woman.

What other examples can you think of that will help you live your Catholic Christian lifestyle more fully every day? A faithful Catholic Christian believes what the Church teachings and lives by Catholic moral values.

INTERMEDIATE CATHOLIC PRAYERS AND TEACHINGS LESSONS FOUR THROUGH SIX

By this time in our faith formation program, each student should know the following information by heart so that they may take their faith to heart:

1. Basic Catholic Prayers
2. Basic Mass Prayers
3. Confession Prayers

Each of these topics were covered in the previous three lessons of our faith formation program. These lessons should be reviewed regularly. In lessons four through six, we cover the Sacraments and Commandments.

- The best way to remember the basic Catholic prayers is to recite them every day.
- The best way to remember the Mass prayers is to recite them each Sunday at Mass.
- The best way to remember the Confession prayers is to go to Confession on a regular basis.

In lesson seven, you will learn the Seven Virtues and the Apostles' Creed. In lesson eight, you will learn the Seven Gifts of the Spirit and the Four Spiritual Laws for Catholic Christians. Take all of these lessons to heart!

The purpose of our faith formation program is to help people make a personal commitment to Jesus Christ. Our goal is not only to show you how to get to heaven, but also to prayerfully accompany you along the way to heaven as Intentional Disciples of Jesus Christ as Catholic Christians!

Here is an overview of our spiritual journey thus far. In Baptism, we were initiated into the community of the Church. In Confession, we are forgiven for sins committed after Baptism. In Communion, we receive the Body and Blood of Christ our Savior. Soon we will complete our initiation into the community of the Church by another sacrament. In Confirmation, we will be led to personally commit our life to Christ as our Lord and our God!

Lesson Four: The Seven Sacraments

Spiritual Definitions:

- **Sacrament:** an outward sign of inward grace, as given to us by Jesus Christ through his Church.
- **Grace:** a sharing in the life and love of God, through the power of prayer and of the sacraments.

Sacraments of Initiation:

- **Baptism:** prayerfully using water in the name of the Holy Trinity to initiate people into the Christian Faith.
- **Confirmation:** being anointed with the gifts of the Holy Spirit in order to lead a truly Christian lifestyle.
- **Eucharist:** bread and wine are prayerfully changed into the Body and Blood of Christ for our salvation.

Sacraments of Healing:

- **Penance:** for the forgiveness of sins committed after Baptism (also called Confession and Reconciliation).
- **Anointing:** a special anointing to comfort the sick and to dedicate their sufferings to Jesus on the cross.

Sacraments of Community:

- **Ordination:** making new deacons, priests and bishops for the spiritual leadership of the Catholic Church.
- **Marriage:** blessing a man and woman as they prayerfully start their life together as a new Christian family.

Lesson Five: The Ten Commandments

1: I am the Lord your God. You shall not have other gods before me. For example, power, pleasure, popularity, and possessions are false gods that always disappoint.

2: You shall not take the name of the Lord your God in vain. For example, be respectful of all things that are dedicated to God and the service of God.

3: Remember to keep holy the Lord's Day. For example, go to Mass on Sundays and Holy Days, making them days of prayer and rest.

4: Honor your father and your mother. For example, cooperate with your parents and those who are in legitimate authority.

5: You shall not kill. For example, respect the sanctity of human life, be kind to others, and take care of your health.

6: You shall not commit adultery. For example, be pure and faithful, embracing natural, biblical, and traditional family values.

7: You shall not steal. For example, don't cheat, take away someone else's property, or destroy their things.

8: You shall not bear false witness against your neighbor. For example, be honest and truthful in all matters. Be trustworthy and a person of your word.

9-10: You shall not covet your neighbor's wife. You shall not covet your neighbor's goods. For example, appreciate what you have and do not compare what you have to what others have.

What other examples can you think of that will help you to live your personal life most fully as a dedicated follower of Jesus Christ?

Our conscience is how we apply the teachings of Jesus Christ to our everyday decisions about what is right and wrong in God's eyes.

The Four Spiritual Laws: The ChristLife course presents a complete explanation of the Four Spiritual Laws for Catholic Christians.

- 1) **God's Purpose:** God created us to be good, with the purpose of sharing his love and his happiness with us forever.
- 2) **Our Problem:** We rejected God's plan through sin, and thus we lost our way both in this world and in the life to come.
- 3) **God's Provision:** God provided a sacrifice for the forgiveness of our sins through the death and resurrection of Jesus Christ.
- 4) **Our Pathway:** We are on the way to heaven when we personally entrust our lives to Jesus Christ in the community of his Church.

Prayer of Commitment: We personally commit our whole life to Jesus Christ as our Lord and God, and to embrace him as the Savior of our lives.

**LORD JESUS CHRIST, SON OF GOD,
HAVE MERCY ON ME, A SINNER.**

**FILL ME WITH YOUR SPIRIT,
SO THAT I MAY LIVE A NEW LIFE.**

**HELP ME TO KNOW YOU, TO LOVE YOU,
AND TO SERVE YOU IN THIS WORLD,**

**SO THAT I MAY BE HAPPY WITH YOU
BOTH NOW AND FOR ALL ETERNITY.**

THANK YOU, LORD. AMEN.

ADVANCED CATHOLIC PRAYERS AND TEACHINGS LESSONS SEVEN AND EIGHT

By this time in our faith formation program, each student should know the following information by heart: Basic Catholic Prayers, Mass Prayers, the Confession Prayers, the Seven Sacraments, the Ten Commandments, and the Precepts of the Church. Each of these topics were covered in the previous six lessons of our faith formation program. In the seventh and eighth lessons, we will cover the Virtues, the Creed, the Gifts of the Spirit and the Four Spiritual Laws for Catholic Christians.

To worthily receive the Sacrament of Confirmation, you should be able to state in your own words why you are a Catholic Christian, and why you want to live out the rest of your whole life as a faithful Catholic Christian.

- **Who is Jesus Christ to you, and what makes Jesus Christ special to you in your personal life?**
- **What has Jesus Christ done for you that makes a difference in how you live your daily life?**
- **How does living as a Catholic Christian help you to know, love, and serve Jesus Christ well?**
- **What does Jesus Christ lovingly promise you for living your life according to his holy teachings?**

The Sacrament of Confirmation is your opportunity to confirm the vows your own Baptism as a Catholic Christian. Here is another set of questions that will help you clarify the difference that Jesus Christ makes in your life.

- **What difference does Jesus Christ make in how I understand what life is all about?**
- **What difference does Jesus Christ make in how I live out my personal life each day?**
- **What difference does Jesus Christ make in how I stay connected to his holy Church?**

Lesson Seven: The Seven Virtues and the Apostles Creed

The Cardinal Virtues: explain these virtues in your own words.

- **Prudence:** judging by God's standards with spiritual wisdom and insight.
- **Justice:** making Christ's teachings your standards of fairness and good will.
- **Temperance:** make wholesome and balanced choices that promote the common good.
- **Fortitude:** have courage to live as a Christian even when society makes it difficult.

The Theological Virtues: explain these virtues in your own words.

- **Faith:** believe what Jesus teaches us through the Bible and Catechism as your Truth.
- **Hope:** trust that all things will work out to the good for those who put their trust in God.
- **Love:** if you live as Jesus taught, you will love the way Jesus loves as his faithful disciple.

The Apostles Creed: an ancient summary of our religious beliefs.

- **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.**

Lesson Eight: The Gifts of the Spirit and the Spiritual Laws

The Seven Gifts of the Holy Spirit: explain these gifts in your own words and put them into practice in your daily life.

- 1) **Knowledge:** being able to correctly explain the teachings of Christ and his Church.
- 2) **Understanding:** appreciating why these holy teachings make a difference in your life.
- 3) **Wisdom:** accepting Christ's teachings as the truth, the whole truth, and nothing but the truth.
- 4) **Counsel:** making right judgments in your daily life and in the advice that you give to others.
- 5) **Piety:** following a spiritual Plan of Life to support your Catholic Christian lifestyle.
- 6) **Fear of the Lord:** developing your interior life with your eyes always focused on Jesus.
- 7) **Fortitude:** having the courage to stand by your Christian principles, even when it is difficult.

