



# Sacramental Preparation

During the time of preparation for the Sacrament of Confirmation parents and sponsors should help their candidate gain a proper knowledge of the following Prayers and Truths of our Catholic Faith.

## The Sign of the Cross

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

## The Apostles' Creed

I believe in God,  
the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ,  
his only Son, our Lord.  
He was conceived by the  
power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended into hell.  
On the third day he rose again.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again 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 the life everlasting.

Amen.

## 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.

## 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.

## 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.

## Grace Before Meals

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

We give Thee thanks O Lord, for these Thy gifts, which we received from Thy bounty, through Christ our Lord.

May the souls of all the faithfully departed, through the mercy of God, rest in peace. Amen.

## Act of Contrition

O my God, I am heartfully sorry for having offended thee, and I detest all my sins because of Thy just punishment, but most of all because I have offended Thee my God, Who is all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to amend my life, to do penance and to avoid the near occasion of sin. Amen.

## Morning Offering

O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Its Merciful Love. Amen.

## Prayer for the Deceased

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.  
May the souls of all the faithful departed,  
through the mercy of God, rest in peace. Amen.

## Holy Spirit Prayer of Saint Augustine

Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.

## Prayer to St. Michael the Archangel

St. Michael the Archangel,  
defend us in battle.  
Be our defense 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..



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## Theological Virtues

1. Faith
2. Hope
3. Charity

## Cardinal Virtues

1. prudence
2. justice
3. fortitude
4. temperance

## The Seven Sacraments

Baptism, Confirmation, Holy Communion, Confession, Marriage, Holy Orders, and the Anointing of the Sick

## Ten 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 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.

## The Two Great Commandments

The Ten Commandments are fulfilled in Jesus' Great Commandment: "You shall love...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." (Mark 12:30-31)

## The Seven Capital Sins

1. Pride
2. Greed
3. Gluttony
4. Lust
5. Sloth
6. Envy
7. Anger or Wrath

## The Gifts of the Holy Spirit

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

## The Fruits of the Holy Spirit

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control and Chasity

## The Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor." The faithful are required to attend the celebration of the Eucharist every Lord's Day (Saturday vigil or Sunday Mass) and the holy days of obligation as established in the liturgical calendar, unless excused for a serious reason [i.e. illness or the care of infants].
2. "You shall confess your sins at least once a year."
3. "You shall receive the sacrament of the Eucharist at least during the Easter season."
4. "You shall observe the prescribed days of fasting and abstinence established by the Church."
5. "You shall help to provide for the needs of the Church, each according to his own ability."
6. To obey the laws of the Church concerning Matrimony.
7. To participate in the Church's mission of Evangelization of Souls.(Missionary Spirit of the Church)

## The Corporal Works of Mercy

1. To feed the hungry;
2. To give drink to the thirsty;
3. To clothe the naked;
4. To harbour the harbourless;
5. To visit the sick;
6. To ransom the captive;
7. To bury the dead.

## The Spiritual Works of Mercy

1. To instruct the ignorant;
2. To counsel the doubtful;
3. To admonish sinners;
4. To bear wrongs patiently;
5. To forgive offences willingly;
6. To comfort the afflicted;
7. To pray for the living and the dead.

## The Four Last Things

Death, Judgment, Heaven, Hell

## YOUCAT Questions and Answers

- 1) *For what purpose are we here on earth?*
  - A. We are here on earth in order to know and to love God, to do good according to his will, and to go someday to heaven.
- 2) *Why did God create us?*
  - A. God created us out of free and unselfish love.
- 3) *Why do we seek God?*
  - A. God has placed in our hearts a longing to seek and find him. St. Augustine says, "You have made us for yourself, and our heart is restless until it rests in you." We call this longing for God → Religion.