

Helpful Prayers to Strengthen Your Faith

Apostles Creed

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; the third day He arose again from the dead; He ascended into heaven and sits at the right hand of God, the Father Almighty; 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 life everlasting. *Amen.*

Prayer for Evangelization

Loving God, you called us each by name and gave your only Son to redeem us. In your faithfulness, you sent the Holy Spirit to complete the mission of Jesus among us. Open our hearts to Jesus. Give us the courage to speak His name to those who are close to us and the generosity to share His love with those who are far away. We pray that every person throughout the world be invited to know and love Jesus as Savior and Redeemer. May that love transform every element of our society. We ask this through Christ Our Lord Amen. Mary, Mother of the Church, pray for us. St. Paul the Apostle, pray for us. *Amen.*

Prayer for Our Nation

St. Michael the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do Thou, O Prince of the Heavenly Host- by the Power of God-cast into hell, Satan and all the evil spirits, who roam the world seeking the

ruin of souls. Lord Jesus Christ, Son of the Father, send your Holy Spirit to guide our nation. May your Holy Spirit dwell in the hearts and minds of your faithful and all who serve as leaders. Keep us faithful to your law, protect us in our trials, lead us to walk in your word and your love. Through the Virgin Mary, conceived without sin, may we be spared of all destruction and harm from without and within. . . . Mary, Queen of Nations, deliver us. O, Sacred Heart of Jesus-Have Mercy on Us. O, Immaculate Heart of Mary-Pray for Us. O, Sacred Heart of Jesus-Have Mercy on Us

Prayer for Our Military

Dear Lord, we stand before You with respect and concern for those who have been summoned to protect and secure our nation, our world. Give them the courage to meet the chilling stare of death...Return them safely to fulfill dreams unrealized so that they may bless Your name through the lives they live. May their efforts further the cause of peace throughout the world and bring us closer to the day when "Nation shall not lift up sword against nation, neither shall they learn of war anymore." Amen.

Prayer for Vocations

O Jesus, Good and Gentle Shepherd, grant that the men and women from our community may have the grace and the courage to hear and answer your call to priesthood and religious life. Give them the wisdom to realize that life is a gift. Let them realize their life is part of YOUR plan. Call forth those you have chosen to spread the gospel message, and help them to freely respond to a life of service in the church. May the parents and families of our parish support and encourage our young men and women to search for, follow, and answer the call of God in their lives. *Amen.*

Prayer for our New Church

Almighty God and Father, you chose St. John the Baptist to foretell the coming of your Son, our Savior, Jesus Christ. We now pray that you send your Holy Spirit to descend upon our parish that we might continue the work of our patron. Instill in us the desire to grow in our faith and have a yearning to live the faith fully and to pass it on to the generations yet to come.

May our commitment inspire others to join us in building up your kingdom here in our community, now and for years on end. As we embark upon building a place of worship that is befitting your name and gives you glory, may we work unselfishly to build your church.

May your Holy Spirit inspire a spirit of prayer and generosity from all of your people, so that we realize the work we seek and accomplish is done with Your grace and for Your honor. We ask this and all things through Christ our Lord. ~Amen

Rosary

The Rosary is divided into five decades. Each decade represents a mystery or event in the life of Jesus. There are four sets of "Mysteries of the Rosary" (Joyful, Luminous, Sorrowful, and Glorious).

How to pray the Rosary:

1. Make the Sign of the Cross and say the Apostles' Creed
2. Say the Our Father
3. Say three Hail Mary's
4. Say the Glory be to the Father
5. Announce the First Mystery, then say the Our Father
6. Say ten Hail Mary's while meditating on the Mystery
7. Say the Glory be to the Father

After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima:

O my Jesus, forget us our sins, save us from the first of hell, lead all souls to Heaven, especially those who have most need of your mercy.

8. Announce the Second Mystery; then say the Our Father
9. Repeat 6 and 7 and continue with Third and Fourth and Fifth Mysteries in the same manner

Concluding Prayer:

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, Thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God

R. That we may be made worthy of the promise of Christ

Let us pray, O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

The Joyful Mysteries

First Joyful Mystery The Annunciation of Gabriel to Mary

Second Joyful Mystery ... The Visitation of Mary to Elizabeth

Third Joyful Mystery The Birth of Jesus

Fourth Joyful Mystery The Presentation of Jesus in the Temple

Fifth Joyful Mystery..... Finding Jesus in the Temple

The Sorrowful Mysteries

First Sorrowful MysteryAgony of Jesus in the Garden

Second Sorrowful MysteryJesus is Scourged at the Pillar

Third Sorrowful Mystery Jesus is Crowned with Thorns

Fourth Sorrowful Mystery Jesus Carries His Cross

Fifth Sorrowful MysteryThe Crucifixion of Jesus

The Glorious Mysteries

First Glorious Mystery The Resurrection of Jesus

Second Glorious Mystery The Ascension of Jesus

Third Glorious MysteryThe Descent of the Holy Spirit at Pentecost

Fourth Glorious MysteryThe Assumption of Mary into Heaven

Fifth Glorious MysteryThe Coronation of Mary as Queen of Heaven and Earth

The Luminous Mysteries

First Luminous MysteryThe Baptism of Jesus in the River Jordan

Second Luminous MysteryThe Wedding at Cana, Christ Manifested

Third Luminous MysteryThe Proclamation of the Kingdom of God

Fourth Luminous Mystery The Transfiguration of Jesus

Fifth Luminous Mystery The Last Supper, the Holy Eucharist

The “Mysteries of the Rosary” are recited as follows:

Sunday:Glorious

Monday:Joyful

Tuesday:Sorrowful

Wednesday:Glorious

Thursday:Luminous

Friday: Sorrowful

Saturday: Joyful

Confession-Examination of Conscience and Preparation Guide for Reconciliation

6 STEPS FOR A GOOD CONFESSION

Examine your conscience-what sins have you committed since your last good confession.

Be sincerely sorry for your sins.

Confess your sins to the priest.

Make certain that you confess all your mortal sins and the number of them.

After your confession, do the penance the priest gives to you.

Pray daily for the strength to avoid the occasion of sin, especially for those sins from which you were just absolved.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because of your just punishment, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.

Think about the following before making your confession:

FIRST COMMANDMENT

“I am the Lord your God. You shall not have strange gods before Me.” (Ex 20:2,3)

Did I doubt or deny that God exists?

Did I refuse to believe what God has revealed to us?

Did I believe in fortune telling, horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, seances, reincarnation?

Did I deny that I was Catholic?

Did I leave the Catholic Faith?

Did I give time to God each day in prayer?

Did I love God with my whole heart?

Did I despair of or presume on God's mercy?

Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?

SECOND COMMANDMENT

"You shall not take the Name of the Lord your God in vain." (Ex 20:7)

Did I blaspheme or insult God?

Did I take God's name carelessly or uselessly?

Did I curse, or break an oath or vow?

Did I get angry with God?

THIRD COMMANDMENT

"Remember that you keep holy the Sabbath Day." (Ex 20:8)

Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?

Did I come to Mass on time? Leave early?

Did I do work on Sunday that was not necessary?

Did I set aside Sunday as a day of rest and a family day?

Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

FOURTH COMMANDMENT

"Honor your father and your mother." (Ex 20:12)

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children or parents?

Did I neglect to give good religious example to my family?

Did I fail to actively take an interest in the religious education and formation of my children?

Did I fail to educate myself on the true teachings of the Church?

Did I give scandal by what I said or did, especially to the young?

Did I cause anyone to leave the faith?

Did I cause tension and fights in my family?

Did I care for my aged and infirm relatives?

Did I give a full day's work for a full day's pay?

Did I give a fair wage to my employees?

FIFTH COMMANDMENT

"You shall not kill." (Ex 20:13)

Did I kill or physically injure anyone?

Did I have an abortion, or advise someone else to have an abortion? (One who procures and abortion is automatically excommunicated, as is anyone who is involved in an abortion, Canon 1398. The excommunication will be lifted in the Sacrament of Reconciliation.)

Did I use or cause my spouse to use birth control pills (whether or not realizing that birth control pills do abort the fetus if and when conceived)?

Did I attempt suicide?

Did I take part in or approve of "mercy killing" (euthanasia)?

Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another, lazy?

Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?

Did I abuse my children?

SIXTH COMMANDMENT

"You shall not commit adultery." (Ex 20:14) "You shall not covet your neighbor's wife." (Ex 20:17)

Note: In the area of deliberate sexual sins listed below, all are mortal sins if there is sufficient reflection and full consent of the will.

“No fornicators, idolaters, or adulterers, no sodomites,... will inherit the kingdom of God.” (1 Cor 6:9-10) “Anyone who looks lustfully at a woman has already committed adultery with her in his thoughts.” (Mt 5:28)

Did I willfully entertain impure thoughts or desires?

Did I use impure or suggestive words? Tell impure stories? Listen to them?

Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?

Did I commit impure acts by myself (masturbation)?

Did I commit impure acts with another-fornication (premarital sex), adultery (sex with a married person)?

Did I practice artificial birth control (by pills, device, withdrawal)?

Did I marry or advise anyone to marry outside the Church?

Did I avoid the occasions of impurity?

Did I try to control my thoughts?

Did I engage in homosexual activity?

Did I respect all members of the opposite sex, or have I thought of other people as objects?

Did I or my spouse have sterilization done?

Did I abuse my marriage rights?

SEVENTH and TENTH COMMANDMENTS

“You shall not steal.” (Ex 20:15) “You shall not covet your neighbor’s goods.”

(Ex 20:17)

Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for stolen goods?

Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?

Did I waste time at work, school or at home?

Did I envy other people’s families or possessions?

Did I make material possessions the purpose of my life?

EIGHTH COMMANDMENT

“You shall not bear false witness against your neighbor.” (Ex 20:16)

Did I lie?

Did I deliberately deceive others, or injure others by lies?

Did I commit perjury?

Did I gossip or reveal others’ faults or sins?

Did I fail to keep secret what should be confidential?

OTHER SINS

Did I fast on Ash Wednesday and Good Friday?

Did I eat meat on the Fridays of Lent or Ash Wednesday?

Did I fail to receive Holy Communion during Easter time?

Did I go to Holy Communion in a state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink?

Did I make a bad confession?

Did I fail to contribute to the support of the Church?

“Whoever eats the bread and drinks the cup of the Lord unworthily sins against the Body and Blood of the Lord. ... He who eats and drinks without recognizing the Body eats and drinks judgment on himself.” (1 Cor 11:27-29)

So, to receive Holy Communion while in the state of mortal sin (having committed a mortal sin which has not been confessed and forgiven in the Sacrament of Confession) is itself a mortal sin—a mortal sin of sacrilege.

“O God, be merciful to me, a sinner.” (Lk 18:13)

“Whose sins you shall forgive, they are forgiven...” (Jn 20:23)

“Though your sins be like scarlet, they shall become white as snow. Though they be red like crimson, they shall become white as wool.” (Is 1:18)

“If we confess our sins, He who is upright can be depended upon to forgive sins, and to cleanse us from every wrong.” (1 Jn 1:9)

“Father, forgive them; they do not know what they are doing.” (Lk 23:34)

“Forgive us our sins, for we too forgive all who do us wrong.” (Lk 11:4)

Steps To Confess Your Sins

Go into the confessional; close the door. If you are going to confession fact-to-face, sit

down on the chair. If you are going to confession with the screen, kneel down.

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

You make the sign of the cross while he says this.

. Then you begin by saying: "Bless me, Father, for I have sinned."

Next, you say: "It has been ____ since my last confession."

. You continue: "These are my sins:"

Then you tell Father your sins--those that you remember because of the Examination of Conscience that you made earlier.

. After telling Father your sins, you say: "I am truly sorry for these and for all of my sins."

The priest may then say a few words to you. Listen to carefully and prayerfully to him, as he speaks through the power of the Holy Spirit.

. Father will next give you a penance (usually a prayer).

If he simply tells you what you are to do, you say, "Thank you, Father."

If he asks you whether you will do something as your penance, you say, "Yes, Father."

Father will then ask you to say the Act of Contrition (see above).

Then Father will give you the Lord's forgiveness.

Father says: "God the Father of mercies, through the death and resurrection of His son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."

. Lastly Father dismisses you.

You respond by saying: "Thank you, Father."

You then stand up and leave the confessional.

Finally, you do the penance that the priest assigned you. Also, thank God for His mercy and strength that you have received in the Sacrament of Penance and say a prayer for the priest who administered the Sacrament to you.