

Primer Catechism

By Catholic Educators.

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The Primer Catechism, in its original form, was produced by Catholics in Australia. It is however useful throughout the Catholic World. We hope Catholics in this country will usefully use this resource to increase and nourish their own faith and that of their children.

PRAYERS.

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

The Lord's Prayer.

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 them who trespass against us;

and lead us not into temptation

but deliver us from evil. Amen.

The 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.

To the Blessed Trinity.

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

The Morning Offering.

O Jesus, through the Most Pure Heart of Mary,

I offer Thee the prayers, works, joys and sufferings of this day,

for all the Intentions of Thy Divine Heart.

Grace Before Meals.

Bless us, O Lord,

and these Thy gifts which of Thy bounty we are about to receive,

through Christ Our Lord.

Grace After Meals.

We give Thee thanks, O Almighty God,
for all Thy benefits, who lives and reigns, world without end. Amen.

Act of Contrition.

O my God,
I am very sorry that I have sinned against Thee,
because Thou art so good, and, with Thy grace, I will not sin again.

Prayer to the Guardian Angel.

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

The Confiteor.

I confess to Almighty God,
to blessed Mary ever Virgin,
to blessed Michael the Archangel,
to blessed John the Baptist,
to the holy Apostles Peter and Paul,
and to all the Saints,
that I have sinned exceedingly in thought, word and deed,
through my fault, through my fault, through my most grievous fault.
Therefore, I beseech the blessed Mary ever Virgin,
blessed Michael the Archangel,
blessed John the Baptist,
the holy Apostles Peter and Paul,
and all the Saints,
to pray to the Lord our God for me.

May the Almighty God have mercy on me,
forgive me my sins and bring me to life everlasting. Amen.

The Confiteor. (Shorter Liturgical Version.)

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,
(and, striking their breast, they say:)
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.

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life. Amen,

The 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 of 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 arose 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.

Act of Faith.

O my God,
I firmly believe all the truths that the Holy Catholic Church believes and teaches;
I believe these truths, O Lord, because Thou the Infallible Truth, hast revealed them to her;
in this Faith, I am resolved to live and die. Amen.

Act of Hope.

O my God,
relying on Thy promises, I hope that through the infinite merits of Jesus Christ,
Thou wilt grant me pardon of my sins, and the graces necessary to serve Thee in this life,
and to obtain eternal happiness in the next.
Amen.

Act of Charity.

O my God,
I love Thee with my whole heart and above all things,
because Thou art infinitely good and perfect;
and I love my neighbor as myself for love of Thee.
Grant that I may love Thee more and more in this life and in the next for all eternity
Amen.

Hail! Holy Queen.

Hail! Holy Queen, Mother of Mercy,
hail 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 towards us;
and after this our exile, show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

The Angelus.

Versicle. The Angel of the Lord declared unto Mary.

Response. And she conceived of the Holy Ghost.

Hail, Mary, et cetera.

Versicle. Behold the handmaid of the Lord.

Response. Be it done unto me according to Thy word.

Hail, Mary, et cetera.

Versicle. And the Word was made flesh.

Response. And dwelt among us.

Hail Mary, et cetera.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let Us Pray.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts,
that we to whom the Incarnation of Christ, Thy Son,
was made known by the message of an angel, may by His passion and cross
be brought to the glory of His resurrection,
through the same Christ our Lord. Amen.

May the divine assistance always remain with us. Amen.

And may the souls of the faithful departed through the mercy of God, rest in peace. Amen.

Aspirations.

O Sacred Heart of Jesus, I Implore that I may love Thee daily more and more.
Sweet Jesus, bless our parents, our brothers and sisters, and our companions.
Bless our Holy Father the Pope, and all his Bishops and priests,
and help them in their work for the salvation of souls.
Bless our country, and help our people to serve Thee in peace and happiness.
Heart of Jesus, once in agony, pity the dying.

Saint Patrick, pray for us.

Our Lady, Help of Christians, pray for us.

Saint Francis Xavier, pray for us.

Jesus, Mary and Joseph, I give you my heart and my soul.

Jesus, Mary and Joseph, assist me in my last agony.

Jesus, Mary and Joseph, may I breathe forth my soul in peace with you. Amen.

O Jesus, have pity on the poor souls in Purgatory, and give them eternal rest. Amen.

Morning Prayers.

The Sign of the Cross.

The Morning Offering.

The Lord's Prayer.

The Hail Mary.

The Apostles' Creed.

The Angelus.

Prayer to the Guardian Angel.

Evening Prayers.

The Sign of the Cross.

The Rosary.

Three Hail Marys.

The Confiteor.

The Act of Contrition.

Hail! Holy Queen.

Prayer to the Guardian Angel.

Aspirations.

[NOTE. — The Family Rosary said by all at home every night will be a source of great blessings. When saying it, pray especially that Our Lady may help to keep the Faith strong in your family and in Australia (your homeland)].

CHAPTER 1. — GOD AND CREATION.

1. Q. (Question) Who made the world?

A. (Answer) God made the world.

2. Q. Who made Heaven and earth and all things?

A. God made Heaven and earth and all things.

3. Q. From what did God make all things?

A. God made all things from nothing.

4. Q. Where is God?

A. God is in Heaven, on earth and everywhere.

5. Q. Who lives in Heaven?

A. God and the Angels and Saints live in Heaven.

6. Q. If God be everywhere, why do we not see Him?

A. We do not see God because He is a Spirit, having no body, and, therefore, cannot be seen by us in this life.

7. Q. What can God do?

A. God can do all things.

8. Q. Does God see us?

A. God does see us.

9. Q. Does God know all that we say and do and think?

A. God does know all that we say and do and think.

CHAPTER 2. — MAN.

1. Q. Who made you?

A. God made me, giving me a body and a soul.

2. Q. What part of you is most like to God?

A. My soul is most like to God.

3. Q. What is the soul?

A. The soul is a spirit that will never die.

4. Q. How is your soul like to God?

A. My soul is like to God because it is a spirit, because it will never die, and because it can know and love God.

5. Q. Why did God make you?

A. God made me to know Him, love Him, and serve Him here on earth, and to be happy with Him for ever in Heaven.

CHAPTER 3. — THE BLESSED TRINITY AND INCARNATION.

1. Q. Is there only one God?

A. There is only one God.

2. Q. How many Persons are there in God?

A. In God there are three Divine Persons, really distinct and equal in all things.

3. Q. Name the three Divine Persons.

A. The first Person is God the Father; the second Person is God the Son; the third Person is God the Holy Ghost.

4. Q. Are the three Divine Persons three Gods?

A. The three Divine Persons are only one God.

5. Q. What do you call these three Persons in one God?

A. The three Persons are called the Blessed Trinity.

6. Q. Did one of the Divine Persons become Man?

A. Yes; God the Son, the second Divine Person, became Man.

7. Q. Why did God the Son become Man?

A. God the Son became Man to redeem us.

8. Q. How did we need to be redeemed?

A. We needed to be redeemed because our first parents, Adam and Eve, had sinned against God.

CHAPTER 4. — HEAVEN AND THE NEXT WORLD.

1. Q. Where do good people go when they die?

A. Good people go to Heaven when they die.

2. Q. Do all good people go to Heaven immediately after their death?
A. No; some people suffer for a time in Purgatory.
3. Q. How long do people live in Heaven?
A. People live forever in Heaven.
4. Q. Is everybody in Heaven happy?
A. Yes; everybody in Heaven is happy.
5. Q. Why do you say that people are happy in Heaven?
A. Because they enjoy the company of God and have every good thing they can wish for.
6. Q. Are there Angels in Heaven?
A. There are Angels in Heaven.
7. Q. Who are the Angels?
A. The Angels are spirits like our souls, but they have no bodies.
8. Q. Who made the Angels?
A. God made the Angels.
9. Q. Are there Angels on this earth?
A. Yes; there are Angels to watch over us and help us to serve God.
10. Q. Has everyone an Angel to help him to serve God?
A. Yes: everyone has a Guardian Angel to help him to serve God.
11. Q. Did some Angels fail to reach Heaven?
A. Yes; some Angels failed to reach Heaven.
12. Q. Why did some Angels fail to reach Heaven?
A. Some of the Angels failed to reach Heaven because they rebelled against God.
13. Q. Did God punish in any other way the Angels who rebelled?
A. Yes; God condemned the rebellious Angels to the everlasting fire of Hell.
14. Q. What kind of place is Hell?
A. Hell is a place where bad angels and wicked men, driven from the sight of God, are punished for all eternity.
15. Q. Why did God make Hell?
A. God made Hell to punish the devils or bad Angels, and all who die in mortal sin.

CHAPTER 5. — SIN.

1. Q. What is sin?
A. Sin is any willful thought, word, deed, or omission against the Law of God.
2. Q. Is it a sin to think bad thoughts?
A. It is a sin to think bad thoughts.
3. Q. Is it a sin to say bad words?
A. It is a sin to say bad words.
4. Q. Is it a sin to do bad things?
A. It is a sin to do bad things.

5. Q. Are all sins equally bad?
A. No, there are bigger sins and smaller sins.
6. Q. What are bigger sins called?
A. Bigger sins are called Mortal Sins.
7. Q. What are smaller sins called?
A. Smaller sins are called Venial Sins.
8. Q. What does a Mortal Sin do to us?
A. A Mortal Sin makes us enemies of God and robs us of God's love.
9. Q. What does a Venial Sin do to us?
A. A Venial Sin lessens our love for God.

CHAPTER 6. — OUR FIRST PARENTS. — ORIGINAL SIN.

1. Q. Who was the first man?
A. Adam was the first man,
2. Q. Who was the first woman?
A. Eve was the first woman.
3. Q. Were Adam and Eve our first parents?
A. Yes, Adam and Eve were our first parents.
4. Q. Did our first parents fall into sin?
A. Yes; our first parents fell into sin.
5. Q. What sin did our first parents fall into?
A. Our first parents disobeyed God's Commandment. They 'ate of the fruit that God told them not to eat'.
6. Q. Who tempted our first parents to eat the forbidden fruit?
A. The Devil, one of the fallen angels, tempted our first parents to eat the forbidden fruit.
7. Q. Why did God command our first parent not to eat the forbidden fruit?
A. God commanded our first parents not to eat the forbidden fruit to test their obedience to Him, their Lord and Master.
8. Q. What did our first parents lose by their sin?
A. They lost God's love in their souls and their place in Heaven by their sin.
9. Q. Do that sin and that loss come down to us?
A. Yes; that sin and that loss do come down to each one of us.
10. Q. Are we born with sin on our soul?
A. We are born with the sin of our first parents on our soul.
11. Q. What do you call the sin of our first parents?
A. The sin of our first parents is called Original Sin.
12. Q. Was anyone conceived and born free from Original Sin?
A. Yes; the Blessed Virgin Mary, and she alone, was conceived and born free from Original Sin.

13.Q. What is this favor to the Blessed Virgin called?

A. This favor to the Blessed Virgin is called her Immaculate Conception.

CHAPTER 7. — OUR LORD AND REDEEMER.

1. Q. Who came to free us from sin?

A. God the Son became Man to free us from sin.

2. Q. What happened on the day of the Annunciation?

A. On the day of the Annunciation, God the Son took a body and soul like ours and became Man.

3. Q. Who is the Mother of 'God the Son made Man'?

A. The Blessed Virgin Mary is the Mother of 'God made Man'.

4. Q. What name was given to God the Son when He became Man?

A. God the Son, when He became Man, was called Jesus Christ.

5. Q. What happened on Christmas Day?

A. On Christmas Day, Jesus Christ was born of the Blessed Virgin Mary in a stable at Bethlehem.

6. Q. How long did Christ live on earth?

A. Christ lived on earth for about thirty-three years, in poverty and suffering.

7. Q. What happened on Good Friday?

A. On Good Friday, Jesus Christ died, nailed to a Cross.

8. Q. Why did Jesus Christ die?

A. Jesus Christ died for our sins, and to open Heaven for us.

9. Q. Why did He do this?

A. Because He loves us so much.

10.Q. Why do we call that day Good on which Jesus Christ died?

A. We call that day Good on which Jesus Christ died because His death has shown how much He loves us, and has brought us so many blessings.

CHAPTER 8. — THE RESURRECTION AND ASCENSION.

1. Q. What does the Resurrection mean?

A. The Resurrection means that Christ rose from death and came back to life.

2. Q. Did Christ come back to life by His own power?

A. Yes; Christ came back to life by His own power.

3. Q. What happened on Easter Sunday?

A. On Easter Sunday, the third day after His Death, Jesus Christ arose (glorious and immortal) from the dead.

4. Q. What do the death and resurrection of Christ prove?

A. The death of Jesus Christ proves that He is Man, and His resurrection proves that He is God.

5. Q. What happened on Ascension Thursday?

A. On Ascension Thursday, forty days after Easter, Jesus Christ ascended with His Body and Soul into Heaven.

CHAPTER 9. — THE HOLY GHOST AND THE CHURCH.

1. Q. What happened on Pentecost Sunday?

A. On Pentecost Sunday the Holy Ghost came down upon the Apostles in the form of tongues of fire.

2. Q. Why did Jesus Christ send the Holy Ghost?

A. Jesus Christ sent the Holy Ghost to strengthen and enlighten His Apostles, and to guard and guide His Church through all ages.

3. Q. Why did Christ establish the Church?

A. Christ established the Church to give us His teaching, and to guide and to help us on the way to Heaven.

4. Q. What Church did Christ establish?

A. Christ established the Catholic Church.

5. Q. Who established the other religious bodies?

A. Men established the other religious bodies.

6. Q. Who is the Head of the Catholic Church?

A. Christ is the Head of the Catholic Church.

7. Q. Who takes Christ's place on earth as the Visible Head of the Church?

A. The Pope takes Christ's place on earth as the visible Head of the Church.

8. Q. Who is the Pope?

A. The Pope is Christ's Vicar on earth and the chief Teacher and Ruler of His Church, and the successor of Saint Peter.

9. Q. Who was Saint Peter?

A. Saint Peter was the first Pope.

10.Q. Who appointed Saint Peter as Pope and Head of the Church?

A. Christ, Our Lord, appointed Saint Peter as Pope and Head of the Church.

11.Q. Can the Catholic Church teach anything false?

A. The Catholic Church cannot teach anything false.

12.Q. Why cannot the Catholic Church teach anything false?

A. The Catholic Church cannot teach anything false because the Holy Ghost guides the Church in her teaching.

13.Q. How long will the Catholic Church last?

A. The Catholic Church will last till the end of the world.

14.Q. Is there more than one True Church?

A. No. The Catholic Church is the only True Church.

15.Q. Who are the Members of the Church?

A. The Members of the Church are our Holy Father the Pope, and, with him, all the Bishops,

priests and people who are baptized and who acknowledge the Pope to be the Vicar of Christ on earth and the visible Head of the Church.

CHAPTER 10. — THE SACRAMENTS: BAPTISM.

1. Q. How can we go to Heaven?
A. We can go to Heaven by leading a good life with the help of God's Grace.
2. Q. What does God's Grace do for us?
A. God's Grace makes us holy and helps us to do good.
3. Q. How do we get God's Grace?
A. We get God's Grace through Prayer and the Sacraments.
4. Q. What is a Sacrament?
A. A Sacrament is an external sign or action chosen by Christ to give grace.
5. Q. How many Sacraments are there?
A. There are seven Sacraments: Baptism, Confirmation, Eucharist, Penance, Extreme Unction, Holy Order and Matrimony. [NOTE: 'Eucharist' is often called 'Communion'; 'Penance' is often called 'Confession' or 'Reconciliation'; "Extreme Unction" is often called 'the Sacrament of the Sick' or 'Anointing of the Sick'.].
6. Q. Who gave us the Sacraments?
A. Christ gave us the Sacraments.
7. Q. What is the first Sacrament?
A. Baptism is the first Sacrament.
8. Q. What does Baptism do for us?
A. Baptism takes away Original Sin and makes us children of God, and gives us a right to Heaven.
9. Q. Can we go to Heaven without Baptism?
A. We cannot go to Heaven without Baptism.
10. Q. How is Baptism given?
A. Baptism is given by pouring water on the head of the person to be baptized, saying while pouring the water, I baptize you in the name of the Father, and of the Son and of the Holy Ghost. (Matthew 28).
11. Q. Are there any other kinds of Baptism besides that of water?
A. Yes; there is also Baptism of Desire and Baptism of Blood or martyrdom.

CHAPTER 11. — PENANCE AND CONFESSION.

1. Q. What does the Sacrament of Penance (or Reconciliation) do for us?
A. The Sacrament of Penance takes away the Sins we commit after Baptism.
2. Q. Who takes away our sins in the Sacrament of Penance?
A. The Priest by the power of God, takes away our sins.
3. Q. When did Christ give Priests the power to take away our sins?
A. Christ gave Priests the power to take away our sins when He said "Receive ye the Holy

Ghost; Whose sins you shall forgive they are forgiven them; and whose sins you shall retain they are retained.” (John 20:22-23).

4. Q. What must we do at Confession in order to have our sins taken away?
A. We must tell our sins to the Priest in Confession.
5. Q. What else is necessary by Confession?
A. We must be sorry for our sins.
6. Q. Why should we be sorry for our sins?
A. We should be sorry for our sins because they offend God, Who is so good and Who loves us so much.
7. Q. What should we think of to help us to be sorry?
A. We should think of how good God is, and how He died for us on the Cross.
8. Q. Can we be forgiven if we are not sorry for our sins?
A. We cannot be forgiven if we are not sorry for our sins.
9. Q. What promise must we make in Confession?
A. We must sincerely promise to try to avoid sin for the future.
10. Q. Would an Act of Perfect Contrition obtain forgiveness of our sins?
A. Yes. But we are also bound to go to Confession if we can.
11. Q. Say a short Act of Perfect Contrition.
A. O my God, I am very sorry that I have sinned against Thee, because Thou art so good, and I will not sin again.

CHAPTER 12. — THE BLESSED EUCHARIST AND THE MASS.

1. Q. Whom do we receive when we go to Holy Communion?
A. We receive Our Lord Jesus Christ.
2. Q. How do we know that we really receive Our Lord Jesus Christ?
A. Because He tells us so. At the Last Supper, the night before He was crucified, He changed bread and wine into His Own Body and Blood, and He told His apostles and their successors to do the same thing in commemoration of Him.
3. Q. What do we call this Sacrament of Our Lord?
A. This Sacrament is called the Blessed Eucharist.
4. Q. Who changes the bread and wine into Our Lord’s Body and Blood?
A. The Priest changes the bread and wine into Our Lord’s Body and Blood.
5. Q. Who gave Priests this power?
A. Our Lord Himself gave Priests the power to change the bread and wine into His Body and Blood.
6. Q. When did He give Priests this great power?
A. Christ gave this power when He said to His Apostles at the Last Supper “Do this for a commemoration of Me. (Luke 22:19.)
7. Q. How often should we go to Holy Communion?
A. We should go to Holy Communion as often as we can.

8. Q. How should we prepare ourselves for Holy Communion?

A. We should be free from mortal sin and prepare our souls to receive Our Lord Jesus Christ.

9. Q. How do we prepare our souls?

A. We may prepare our souls by full, conscious and active participation in the Mass, thus making Acts of Faith, Humility, Sorrow, Adoration, Love and Desire to our adorable God. (There are more suggestions towards the end of this catechism.)

10.Q. May we take solid food immediately before receiving Holy Communion?

A. No. We cannot take any solid food for one hour before receiving Holy Communion.

10.(a) Q. May we drink before receiving Holy Communion?

A. Yes. Water may be taken always. Alcoholic drink cannot be taken for one hour before receiving Holy Communion. Non-Alcoholic drink cannot be taken for one hour before receiving Holy Communion.

1. Q. What should we do after receiving Holy Communion?

A. After receiving Holy Communion, we should stay awhile and speak to Our Lord in Acts of Faith, Adoration, Humility, Love, Thanksgiving, Offering and Petition.

2. Q. When does the Priest change the bread and wine into Our Lord's Body and Blood?

A. The Priest changes the bread and wine into Our Lord's Body and Blood when he offers the Holy Sacrifice of the Mass, at the time of the Consecration.

3. Q. Is the Mass the True Sacrifice of the New Law?

A. Yes; the Mass is the true Sacrifice of the New Law, for in it Our Lord Jesus Christ, through the priest, offers Himself to God the Father for the living and the dead.

4. Q. What are the principal parts of the Mass?

A. The principal parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist, which in turn is made up of the Offertory, the Consecration, and the Communion.

5. Q. How often must we go to Mass?

A. We must go to Mass every Sunday and Holyday of Obligation.

6. Q. Is it a sin to miss Mass on Sundays and these Holydays?

A. It is a great sin to miss Mass on Sundays and these Holydays, if we stay away through our own fault.

7. Q. Why do we go to Mass?

A. We go to Mass to offer sacrifice to God.

8. Q. Why do we offer sacrifice?

A. We offer sacrifice to adore God; to thank Him for His goodness; to seek pardon for sin; and to ask Him to help us both in soul and body.

9. Q. May we pray for others at Mass?

A. Yes. We may pray for all who are in need, living and dead.

10.Q. Should we go to Mass on weekdays?

A. It is good to go to Mass every day if we can.

THE COMMANDMENTS.

Commandments of God:

I am the Lord thy God:

1. Thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord Thy God in vain.
3. Remember that thou keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

The Principal Commandments of the Church:

1. To hear Mass on Sundays and Holy Days of Obligation.
2. To fast and abstain on the days commanded.
3. To confess our sins at least once a year.
4. To receive worthily the Blessed Eucharist each year at Easter, or within the appointed time around Easter.
5. To contribute to the support of our pastors, and to the upkeep of Catholic schools and charitable institution.
6. To send Catholic children to Catholic schools wherever possible.
7. To observe the laws of the Church regarding the celebration of the Sacrament of Matrimony.

PREPARATION FOR CONFESSION AND HOLY COMMUNION.

Before Confession:

1. Ask God to help you make a good Confession.
2. Find out your sins and the number of times you have committed them.
3. Be sorry for your sins.
4. Promise God not to sin again.
5. Ask God to help you:
O my God, help me to remember all my sins. Help me to be truly sorry for them, and to make up my mind not to sin again...
Mary, my Mother, obtain for me the grace to make a good Confession.
Say the 'I confess to Almighty God, et cetera'... to... 'through my most grievous fault'.
6. Find out your sins: (But, first, How long is it since I was at Confession last?
At my last Confessions did I confess all the sins I should have?)

Have I said my prayers?

Did I try to think of what I was saying when I was saying my prayers?

Have I used bad words?

Have I missed Mass on Sundays or Holy days of Obligation through my own fault?

Have I deliberately been late for Mass?

Have I disobeyed my parents or those in charge of me?

Have I been angry or sulky?

Have I done any bad, immodest thing?

Have I stolen anything, or spent money that was not my own?

Have I told lies?

Have I been thinking about bad things after I knew they were bad?

Have I eaten meat on Good Friday or Ash Wednesday (or not done some extra penance on Fridays)?

How many times have I committed these sins? (I must answer this question if it is a mortal sin.)

Have I done anything else I ought to confess?

Did I keep back any mortal sin in Confession on purpose?

Is there any mortal sin I forgot to tell at my other Confession?

(Say your sins over to yourself a few times so that you will be able to tell them to the Priest.)

You are bound to tell all your mortal sins, and the number of times you committed them. If you have no sin to confess, tell some sin you have told in other Confessions.)

[NOTE FOR TEACHERS — In helping children in their preparation for Confession, the Teacher will endeavor to explain to the children the difference between mortal and venial sins, and also to impress upon the children the obligation of confessing all mortal sins and the number of times they were committed. The Teacher will also explain to the children that, though it is not obligatory, it is very desirable to confess even their venial sins and the number of times they were committed].

1. Tell God you are sorry:

Think how God punishes sinners in Hell, and say:

— O my God, I am sorry for my sins, because they deserve Your great punishments.

Think of the joys of Heaven, which we lose by sin.

— O my God, I am sorry for my sins, because they would keep me from seeing You in Heaven.

Think of what Our Lord has suffered for your sins.

— O my God, I am sorry for my sins, because they have crucified my loving Savior, Jesus Christ.

Think of the goodness of God to you.

— O my God, I am very sorry that I have sinned against You, because You have been so good to me.

Think of how good and great and holy God is, and how sin insults and pains Him.

— O my God, I am heartily sorry for having offended You, because You are so very good.

Even though there were no punishment for sin, I would be sorry, because my sins displease You, who are so good, and because I love You, I will not sin again.

2. Promise God not to sin again.

— O my God I firmly resolve, by Your holy grace, never more to offend You.

At Confession:

1. Make the sign of the Cross and say: Bless me, Father, for I have sinned.

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

Do you or Father have a Bible passage to share?

2. Tell how long it is since your last good Confession, (and whether you performed your last penance).

3. Tell your sins to the Priest.
4. When you have told all your sins, say:
These are my sins, (or This is all I can remember, Father,) and I am very sorry for all my sins.
5. Listen to what the Priest has to say to you (especially when he gives you a 'Penance' to say), and then make the Act of Contrition.

After Confession:

1. Thank God and ask His help.
— O my God, I thank You for forgiving me my sins.
Give me Your help, that I may never sin again.
Mary, my Mother, help me to keep my promise.
2. Perform the penance given to you by the Priest.

HOLY COMMUNION.

The best preparation for Holy Communion is by full, conscious and active participation in the Mass. There should be some times of silent prayer during the Mass, and at these times, you might like to say some of these prayers. After Holy Communion, Mass will finish very soon. But don't be in a hurry to leave the Church. Spend some time in thanksgiving.

Say any of these prayers slowly, a few words at a time. It is well to stop after every few words, that they may sink into the heart. Each prayer may be said several times.

Before Holy Communion:

A reminder again that full, conscious and active participation in the Mass is the best preparation. On the way to Communion join in the Communion Hymn. You will find that it will often include the following themes.

PRAYER FOR HELP.

In the Mass, we offer many petitions, especially at the time of General Intercession and the 'Our Father' and the prayer that follows it.

— O my God, help me to make a good Communion.

Mary, my dearest Mother, pray to Jesus for me.

My dear Angel Guardian, lead me to the altar of God.

ACT OF FAITH.

In the Mass, we devoutly recite the profession of Faith in the Creed.

— My dear Jesus, because You have said: "This is My Body, this is My Blood," I believe that I shall receive Your Sacred Body to eat and Your Precious Blood to drink.

Dear Jesus, I believe this with all my heart.

ACT OF HUMILITY.

In the Mass, we recite the words of the Roman Centurion 'Lord, I am not worthy'.

— My God, I confess that I am a poor sinner; on account of my sins, I am not worthy to receive the Body and Blood of Jesus.

Lord, I am not worthy that You should enter under my roof; but only say the word, and my soul shall be healed.

ACT OF SORROW.

From the Penitential Act at the beginning of Mass, down to the 'Lamb of God' and the centurion's prayer, we have been saying, 'Have mercy on me, a sinner'.

— O my God, I am very sorry that I have sinned against You,
because You are so good Yourself, and for love of You, I will not sin again.

ACT OF ADORATION.

Mass is one great act of worship, but especially from the time of the Sanctus, ('Holy, Holy, Holy') the Canon of the Eucharistic Prayer, the Consecration, the Our Father and 'Behold the Lamb of God', we have been worshipping God our Savior.

— O Jesus, Great God, present on the altar, I bow down before You; I adore You.

ACT OF LOVE AND DESIRE.

At Mass, the special prayers composed by the Church, such as the Collects, the antiphons, the prayers of offering, all highlight these themes. Note at the Offertory the prayer, 'By the mystery of this water and wine, may we come to share in the divinity of Christ, who humbled himself to share in our humanity.'

— Sweet Jesus, I love You. I desire with all my heart to receive You.

Most sweet Jesus, come into my poor soul and give me Your Flesh to eat and Your Blood to drink. Give me Your whole Self, Body, Blood, Soul and Divinity, that I may live for ever with You.

In Receiving Holy Communion:

1. In going to the altar-rails, and returning to your place, keep your hands joined, your eyes cast down, and your thoughts on Jesus Christ. Where possible, join in the community's singing of an appropriate Communion Hymn.
2. At the altar-rails, take the Communion plate and hold it before you, under your chin.
3. Hold your head straight up, keep your eyes cast down, say your 'Amen' on a clear voice and then have your mouth well open, and your tongue out, resting on the under lip. Then, with great reverence, receive the Sacred Host, saying in your heart, with all the faith of Saint Thomas, "My Lord and my God." This is truly 'The Body of Christ.' AMEN!

After Holy Communion:

When you return to your place, tell Our Lord in your own words how much you love Him for coming to you. If possible, join in the Communion and Thanksgiving Hymns, which frequently will express these sentiments. Thank Him for coming, and tell Him how sorry you are for all the sins committed against Him, your own especially. Ask Him for your wants and ask Him to help your parents and family, and all who are in need. Pray for the Pope, the Bishops and Priests, your Teachers, and the poor suffering souls in Purgatory. With full, conscious and active participation in the remainder of the Mass, the Communion Prayer, the Blessings, the Recessional Hymn, complete your worship at this sacrificial meal of the Mass.

Then, especially after the priest has left the altar, don't be in a rush to leave. You may take up your book and read slowly the following prayers:

ACT OF FAITH.

— O Jesus, I believe that I have received Your Flesh to eat and Your Blood to drink, because You have said it, and Your word is true.

ACT OF ADORATION.

— O Jesus, my God, my Creator, I adore You, because from Your hands I came, and with You I am to be happy for ever.

ACT OF HUMILITY.

— O Jesus, I am but dust and ashes, and yet You have come to me, and my poor heart may speak to You.

ACT OF LOVE.

— Sweet Jesus, I love You. I love You with my whole heart. You know that I love You, and wish to love You daily more and more.

ACT OF THANKSGIVING.

— My good Jesus, I thank You with all my heart.

How good, how kind You are to me, sweet Jesus! Blessed be Jesus in the Most Holy Sacrament of the Altar.

ACT OF OFFERING.

— O Jesus, receive my poor offering.

Jesus, You have given Yourself to me, and now let me give myself to You.

I give You my body, that it may be chaste and pure.

I give You my soul, that it may be free from sin.

I give You my heart, that it may always love You.

I give You every breath that I shall breathe, and especially my last.

I give You myself in Life and in death, that I may be Yours for ever and ever.

ACT OF PETITION.

— O Jesus, wash away my sins with Your Precious Blood.

O Jesus, the struggle against temptation is not yet finished.

My Jesus, when temptation comes, make me strong against it.

Jesus, mercy! Mary, help!

O Jesus, grant that I may lead a good life, die a happy death, and receive You In my last illness.

O Jesus, have mercy on Your Holy Church; take care of It.

O Jesus, have pity on poor sinners, and save them from hell.

O Jesus, bless my father, my mother, my brothers and sisters, and all I ought to pray for, as Your Heart knows how to bless them.

O Jesus, have pity on the poor souls in Purgatory, and give them eternal rest.

Sweet Jesus, I am going away for a time, but I trust not without You.

You are with me by Your grace. I will never leave You by mortal sin.

I do not fear to do so, though I am so weak, because I have such a hope in You.

Give me grace to keep good till I die. Amen.

EXTRA PRAYERS.

It is always useful to have some extra prayers we can use if we find ourselves distracted or discouraged, remembering always that by full, conscious and active participation in the Mass we make the best prayer; you might find the following prayers useful at some times in your spiritual life.

Before Holy Communion.

AN ACT OF FAITH.

After the Creed (or before Communion), I can say:

— O good Jesus, I firmly believe all that You have said to me through Your Church, especially that You are really and truly present in the Consecrated Host.

AN ACT OF HOPE.

After the Prayer and Sign of Peace, I can say:

— O good Jesus, trusting in Your goodness and Your promises, I hope to receive from Your grace, all good things needful, especially grace itself, and eternal life.

AN ACT OF CHARITY.

After the ‘Lamb of God’, I can say:

— Because You are infinitely good, I love You, Jesus, with all my heart and soul and strength.

AN ACT OF CONTRITION.

After the Centurion’s prayer, ‘Lord, I am not worthy’, I can say:

— O my God, I repent of all my sins because they have deserved Your punishments, but especially because they have offended Your infinite goodness.

AN ACT OF HUMILITY.

After the ‘Kyrie’ (‘Lord have Mercy’) (or before Communion), I can say:

— O good Jesus, I am Your creature, full of misery and sin, and unworthy to receive You.

AN ACT OF DESIRE.

After the ‘Our Father’, ‘Thy Kingdom come’, (or before Communion), I can say:

— O good Jesus, I earnestly desire to receive You into my heart; come to me quickly, and do not delay.

After Holy Communion.

Don’t be in a rush to leave the Church; by full, conscious and active participation in the Hymns and other prayers of the Mass, offer a fitting Thanksgiving. After the priest has left the altar, try saying these or similar prayers:

AN ACT OF ADORATION.

I adore You, O good Jesus present in my soul; I humble myself before You; I am astonished at Your wonderful goodness.

AN ACT OF GRATITUDE.

O good Jesus, how can I thank You properly? I offer You all this thanksgiving and the thanksgivings of Your saints, especially of the Blessed Virgin, and of all who love You.
