

**PRAYERS WE NEED TO KNOW** *(please say these with your child every day!)*

**Sign of the Cross**

**In the name of the Father,**

(touch your right hand on your forehead)

**and of the Son,**

(now touch your right hand to the center of your chest)

**and of the Holy Spirit.**

(now touch your right hand to your left then right shoulder)

**Amen.**

(now fold your hands)

**Hail Mary**

Hail Mary, full of grace,

The Lord is with thee.

Blessed are you among women, and  
blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners  
now and at the hour of our death. Amen.

**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;  
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 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.

**Our Father**

Our Father, who art in heaven,  
hallowed by thy name;  
thy kingdom come;  
thy will be done on earth as  
it is in heaven.

Give us this day our daily and  
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

**Act of Contrition**

My God,  
I am sorry for my sins  
with all my heart.  
In choosing to do wrong,  
and failing to do good,  
I have sinned against you  
whom I should love above all  
things. I firmly intend with  
your help, to do penance,  
to sin no more,  
and to avoid whatever leads  
me to sin. Amen.