

# **Youth Ministry Prayer Sheet**

## **The Sign of the Cross**

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

## **The 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.

## **The Hail Mary**

Hail Mary full of grace the Lord is with you, 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.

## **Glory be to Father**

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.

## **Act of Contrition**

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

## **Seven Sacraments**

Baptism  
Eucharist  
Penance  
Confirmation  
Anointing of the Sick  
Holy Orders  
Matrimony

## **Gifts of the Holy Spirit**

Right judgment  
Understanding  
Wonder and Awe  
Wisdom  
Courage  
Reverence

## Knowledge

### **The Ten Commandments**

1. I, the Lord, am your God: you shall not have any other Gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your mother and father.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steel.
8. You shall not bear false witness against your neighbor's.
9. You shall not covet your neighbors' wife.
10. You shall not covet anything that belongs to your neighbor.

### **Nicene Creed**

We believe in one God, the Father, the Almighty, maker of Heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.