

CONFIRMATION PREP

ST THOMAS CATHOLIC CHURCH

You need to know the following for Confirmation class

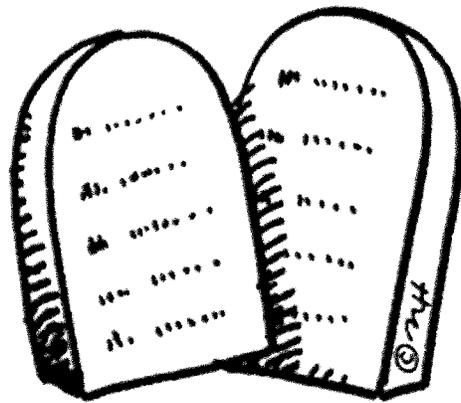
The following are in this booklet:

- **Primary Prayers:**
Our Father, Hail Mary, Glory Be, and Act of Contrition.
- **Format for Confession**
- **The Ten Commandments**
- **Name the Seven Sacraments**

The following was learned at K-5 religious education classes and youth group, students may need to research on their own to remember.

- **Importance of Christmas and Easter?**
- **Importance of Advent and Lent?**
- **Who is the Virgin Mary?**
- **Who and what is the Holy Trinity?**
- **What is the Holy Eucharist?**
- **What happens to the bread and wine at the altar during Mass?**
- **What is sin?**
- **What are the two types of sin**
- **Who are the saints?**
- **Who is the Pope and what is his job?**

THE TEN COMMANDMENTS

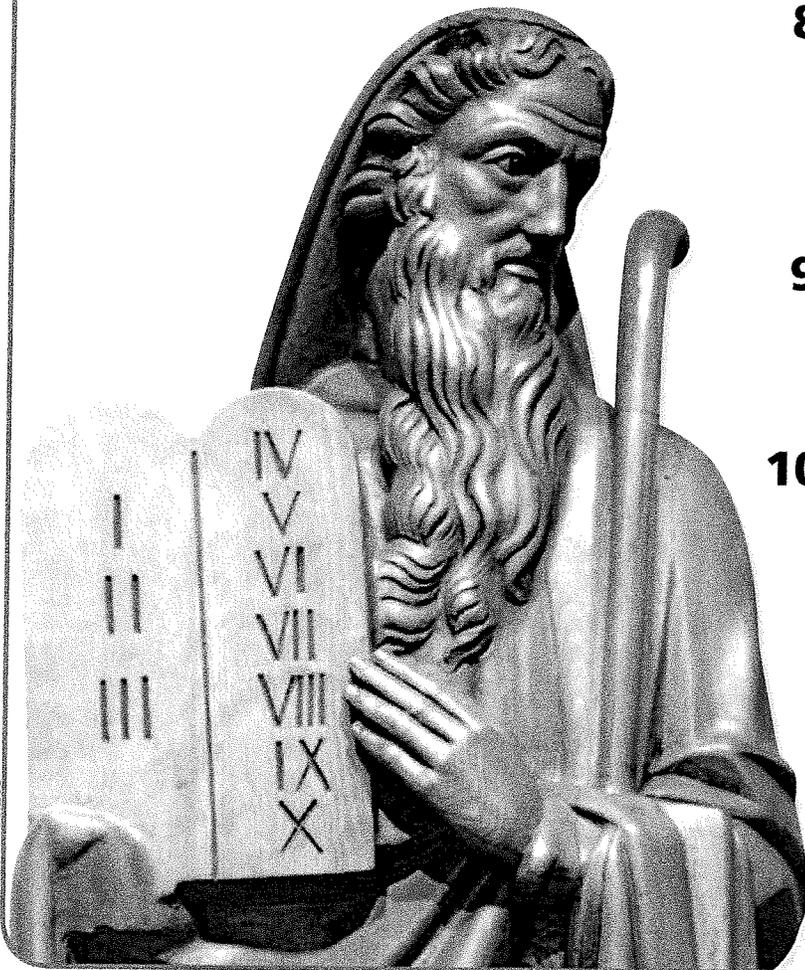


LOS DIEZ MANDAMIENTOS

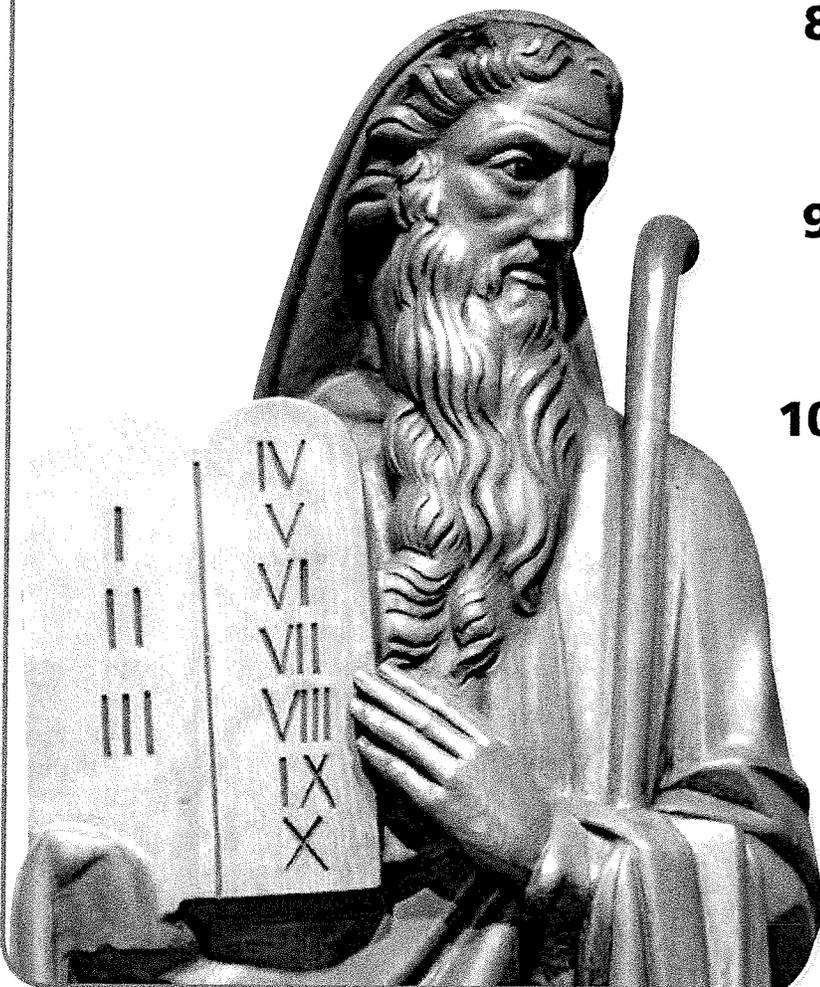
THE TEN COMMANDMENTS

CALLED TO BE CATHOLIC

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.



- 1.** Amarás a Dios sobre todas las cosas.
- 2.** No tomarás el nombre de Dios en vano.
- 3.** Santificarás las fiestas.
- 4.** Honrarás a tu padre y a tu madre.
- 5.** No matarás.
- 6.** No cometerás actos impuros.
- 7.** No robarás.
- 8.** No dirás falso testimonio ni mentirás.
- 9.** No consentirás pensamientos ni deseos impuros.
- 10.** No codiciarás los bienes ajenos.



CONFESSION



CONFESIÓN

HOW TO GO TO CONFESSION

- Pray to the Holy Spirit for self-knowledge and trust in the mercy of God. Examine your conscience, be truly sorry for your sins, and resolve to change your life.
- You may also say a prayer to St. John Vianney to help with your examination of conscience
- Go to the priest and begin with the Sign of the Cross.
- Welcoming you, the priest will say: bless you and say a prayer. You answer: "Amen.
- Then say, "Bless me, Father, for I have sinned. It has been _____ weeks/ months/years since my last confession."

◆ Confess your sins openly and candidly. Tell the priest of all mortal and venial sins. then you may confess some of your venial sins. If you do not know whether a sin is mortal or venial, ask the priest.

◆ Then listen to the priest for whatever counsel he may judge appropriate. If you have any question about the faith, how to grow in holiness, or whether something is a sin, feel free to ask him. Then the priest will assign you a penance.

◆ Pray the Act of Contrition when the priest tells you.

◆ Listen as the priest absolves you of your sins and enjoy the fact that God has truly freed you from all your sins.

◆ Do the penance the priest assigns you.

EXAMINATION OF CONSCIENCE

The 10 Commandments

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE ANY GODS BEFORE ME:

- I turned my back on God.
- I doubted God's love in difficult times.
- I believed in fortunetellers, psychics, or witchcraft.
- I have made use of superstitious practices.
- I don't pray every day.
- I have given into sin thinking that you can just go to confession afterwards. I
- I Have you looked at books, magazines or TV shows which I knew to be anti-Christian.
- I have spoken with disrespect of priests, sacred objects, or Catholic teachings.
- I don't give quality time to God.

2. YOU SHALL NOT TAKE THE LORD'S NAME IN VAIN:

- I have watched movies, read books, or listened to musicians and comedians which slander the Lord's name.
- I use the name of God, Jesus, Mary, or any other Holy Name in anger.
- I Have sworn on the name of God.

3. REMEMBER TO KEEP HOLY THE SABBATH DAY:

- I have missed Mass on Sunday or on Holy Days of Obligation.
- I don't have a positive attitude when attending Mass.
- I allow myself to be distracted during Mass.
- I don't try to participate in Mass.
- I Have neglected prayer and going to church due to sports, social functions, homework, or just plain laziness.

4. HONOR YOUR FATHER AND MOTHER:

- I don't show respect to my parents, superiors, and teachers.
- I have deceived or disobeyed them.
- I haven't been thankful for my parents or family.
- I don't listen to my parent's wishes the first time they ask me to do something.

5. YOU SHALL NOT KILL:

- I have felt hatred towards someone.
- I have desired revenge on someone.
- I have held a grudge against someone.
- I Have rudely made fun of others.
- I don't stick up for those who are teased.
- I pick fights.
- I have encouraged fighting.
- I have abused my body with alcohol, drugs or tobacco.
- I have you encouraged others to abuse their body.
- Are you against abortion? Do you pray and speak up to end abortion?
- Have you cooperated in an abortion?

6. YOU SHALL NOT COMMIT ADULTERY AND (9) YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE:

- I Have dressed, danced and acted provocatively.
- I surround yourself with people who dress or act provocatively.
- I have looked at pornography.
- I have willfully entertained lustful thoughts or desires.
- I have given into sexual desires.
- I have engaged in sexual activity.
- I have flirted with impure intentions.
- I have acted impurely over the Internet or social media.

7. YOU SHALL NOT STEAL:

- I have been guilty of stealing.
- I have willfully damaged another person's goods.
- I have vandalized, spoiled, or ruined someone else's property.
- I have failed to return something that belongs to somebody else.

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR:

- I have you lied.
- I have you gossiped.
- I have injured someone's reputation falsely.
- I have jumped to false conclusions about someone.
- I don't answer questions honestly and completely.
- I have judged others unfairly.

10. YOU SHALL NOT COVET YOUR NIGHBOR'S GOODS:

- I have been jealous of what someone else has.
- I am not thankful for what God has given me.

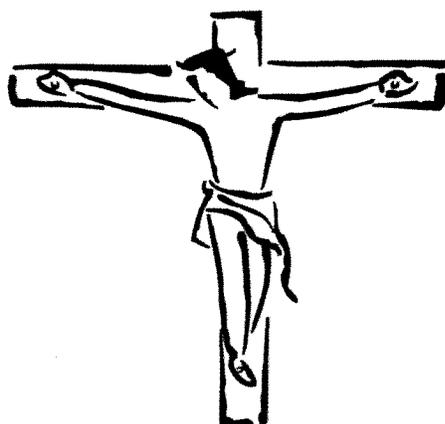
The Act of Contrition

O my God, I am heartily sorry for having offended You,
and I detest all my sins,
because Your just punishments,
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 occasions of sin.
Amen.

HELPFUL SCRIPTURE PASSAGES

- JOHN 20:19-23- The Apostles (today's Bishops and priests) were given the authority to forgive sins
- 2 COR 5:18-20- God has made priests his messengers of forgiveness
- LUKE 15:11-32 (Parable of the lost son)- God wants to forgive us, he will always take us back.
- JOHN 8:3-11 (Woman caught in adultery)- Jesus desires us to repent and sin no more

THE SEVEN SACRAMENTS



LOS SIETE SACRAMENTOS

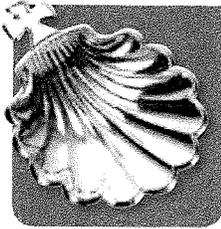
THE SEVEN SACRAMENTS

CALLED TO BE CATHOLIC

The Sacraments of Initiation

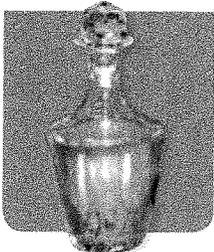
lay the foundation of every Christian life.

Baptism



In Baptism we are born into new life in Christ. Baptism takes away Original Sin and makes us members of the Church. One of its signs is the pouring of water.

Confirmation



Confirmation seals our life of faith in Jesus. Its signs are the laying on of hands on a person's head, most often by a bishop, and the anointing with oil. Like Baptism, it is received only once.

Eucharist



The Eucharist nourishes our life of faith. We receive the Body and Blood of Christ under the appearance of bread and wine.

The Sacraments of Healing

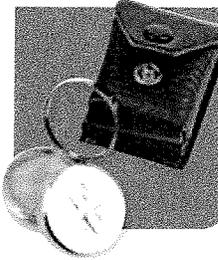
celebrate the healing power of Jesus.

Penance and Reconciliation



Through Reconciliation we receive God's forgiveness. Forgiveness requires being sorry for our sins. In Reconciliation we receive Jesus' healing grace through absolution by the priest. The signs of this sacrament are our confession of sins, our repentance and satisfaction, and the words of absolution.

Anointing of the Sick

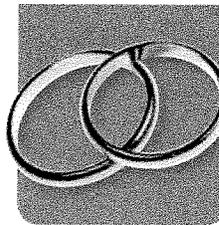


This sacrament unites a sick person's sufferings with those of Jesus. Oil, a symbol of strength, is a sign of this sacrament. A person is anointed with oil and receives the laying on of hands from a priest.

The Sacraments at the Service of Communion

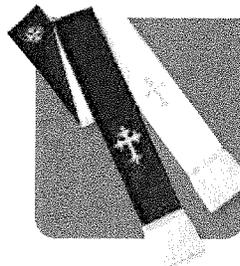
help us serve the community.

Matrimony



In Matrimony a baptized man and woman are united with each other as a sign of the unity between Jesus and his Church. Matrimony requires the consent of the couple, as expressed in the marriage promises. The couple are the sign of this sacrament.

Holy Orders



In Holy Orders, men are ordained priests to be leaders of the community, or deacons to be reminders of our baptismal call to serve others. The signs of this sacrament are the laying on of hands and the prayer of the bishop, asking God for the outpouring of the Holy Spirit.

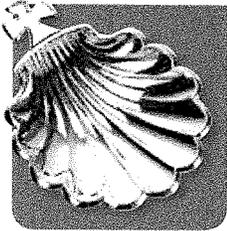
LOS SIETE SACRAMENTOS

LLAMADOS A SER CATÓLICOS

Los sacramentos de la Iniciación

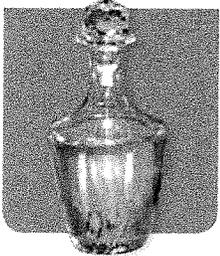
constituyen la base sobre la que se sostiene la vida de todo cristiano.

El Bautismo



Por medio del Bautismo nacemos a una vida nueva en Cristo. El Bautismo nos limpia del pecado original y nos convierte en miembros de la Iglesia. Uno de sus signos es el agua que se vierte.

La Confirmación



La Confirmación sella nuestra vida de fe en Jesús. Los signos propios de este sacramento son la imposición de manos sobre la cabeza de una persona, acción que normalmente ejecuta un obispo, y la unción con óleo. Como en el caso del Bautismo, la Confirmación se recibe una sola vez.

La Eucaristía



La Eucaristía sustenta nuestra vida de fe. Recibimos el Cuerpo y la Sangre de Cristo bajo la apariencia de pan y vino.

Los sacramentos de la Curación

celebran el poder sanador de Jesús.

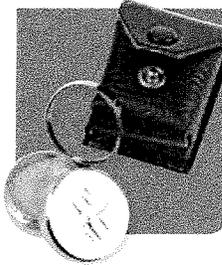
La Penitencia y la Reconciliación



Mediante la Reconciliación recibimos el perdón de Dios. Para ser perdonados debemos arrepentirnos de nuestros pecados. En este sacramento recibimos la gracia sanadora de Jesús por medio de la absolución que nos da el sacerdote. Los

signos de este sacramento son la confesión de nuestros pecados, el arrepentimiento, el cumplimiento de la penitencia y satisfacción, y las palabras de absolución.

La Unción de los Enfermos

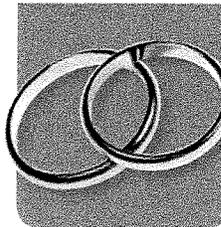


Este sacramento une el sufrimiento del enfermo con el sufrimiento de Jesús. El óleo, un símbolo de fortaleza, es el elemento representativo de este sacramento. El enfermo es ungido con óleo y recibe la imposición de manos de un sacerdote.

Los sacramentos al Servicio de la Comunidad

nos ayudan a servir a la comunidad.

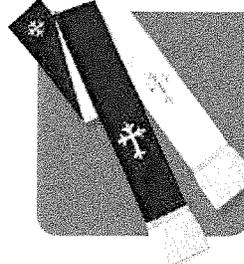
El Matrimonio



En el Matrimonio un hombre y una mujer bautizados se unen entre sí como signo de la unidad entre Jesús y su Iglesia. El Matrimonio requiere el consentimiento de

los cónyuges, tal como lo expresan en las promesas matrimoniales. La pareja es el signo de este sacramento.

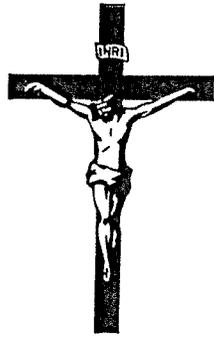
El Orden



En el sacramento del Orden los hombres se ordenan como sacerdotes para officiar como líderes de la comunidad o como diáconos, para recordarnos nuestro llamado bautismal a servir al prójimo. Los

signos de este sacramento son la imposición de las manos y la oración por medio de la cual el obispo pide a Dios que el Espíritu Santo descienda sobre ellos.

CATHOLIC PRAYERS



ORACIONES CATOLICAS

PRAYERS

The Sign of the Cross

The Sign of the Cross Using your right hand, touch your forehead at the mention of the Father; the lower middle of your chest at the mention of the Son; and the left shoulder on the word "Holy" and the right shoulder on the word "Spirit."

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.

ORACIONES

La Señal de la Cruz

Haga la Señal de la Cruz usando su mano derecha, toque su frente cuando se mencione la palabra Padre; toque su pecho cuando se mencione la palabra Hijo; toque su hombro izquierdo cuando diga la palabra "Espíritu" y el hombro derecho cuando diga la palabra "Santo."

**En el nombre del Padre,
y del Hijo,
y del Espíritu Santo.
Amén.**

El Padre Nuestro

**Padrenuestro que estás en el cielo,
Santificado sea Tu Nombre;
Venga a nosotros Tu Reino;
Hágase Tu Voluntad
Así en la tierra como en el cielo.
Dáanos hoy nuestro pan de cada día;
Perdona nuestras ofensas
Así como nosotros perdonamos a los que nos ofenden;
No nos dejes caer en tentación y líbranos de todo mal,
Amén.**

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

The 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.

El Ave María

**Dios te Salve María, llena eres de gracia,
El Señor es contigo;
Bendita eres entre todas las mujeres, y
Bendito es el fruto de tu vientre, Jesús.
Santa María, Madre de Dios,
Ruega por nosotros los pecadores,
Ahora y en la hora de nuestra muerte. Amén.**

El Gloria

**Gloria al Padre, al Hijo,
Y al Espíritu Santo.
Como era en un principio,
ahora, y siempre,
por los siglos de los siglos. Amén.**

The Fatima Prayer

O My Jesus, forgive us our sins, save us from the fires of hell and lead all souls to Heaven, especially those who are in most need of Thy mercy.

This prayer is said at the end of each decade on the rosary after the Glory-Be

The Confiteor

The Confiteor is a prayer said at the beginning of the mass

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;
(We strike our breast during the next two lines)
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.

La Oración de Fátima

Oh mi buen Jesús, perdona nuestros pecados, líbranos del fuego del infierno y lleva al cielo a todas las almas, especialmente a las más necesitadas de tu divina misericordia.

Esta oración se dice al finalizar cada década del rosario después del Gloria.

El Yo Confieso

El Yo Confieso es una oración que se dice al inicio de la santa Misa.

**Yo confieso ante Dios todopoderoso,
Y ante ustedes hermanos,
Que he pecado mucho,
De pensamiento, palabra, obra, y omisión,
(Nos golpeamos el pecho durante la siguiente línea)
Por mi culpa, por mi culpa, por mi gran culpa,
Por eso ruego, a santa María siempre Virgen,
A los ángeles, a los santos, y ustedes,
Hermanos, que intercedan por mí
Ante Dios nuestro Señor. Amén.**

The 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 vale 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 merciful, O loving, O sweet Virgin Mary!
Amen.

This prayer is also said at the end of a rosary.

El Salve

**Dios te salve, Reina y Madre, madre de misericordia,
vida, dulzura, y esperanza nuestra, Dios te Salve,
A tí llamamos los desterrados hijos de Eva,
A tí suspiramos, gimiendo y llorando en este valle de lágrimas,
Ea, pues señora abogada nuestra,
Vuelve a nosotros, esos tus ojos misericordiosos,
Y después de este destierro, muéstranos a Jesús, fruto bendito de tu
vientre, oh clemente, oh piadosa, oh dulce siempre Virgen María,
Ruega por nosotros, santa madre de Dios,
Para que seamos dignos de alcanzar las promesas y gracias
De nuestro Señor Jesucristo.
Amén.**

Esta oración también se dice al finalizar el rosario.

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 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 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

This prayer is also said on the Crucifix at the beginning of a rosary

El Credo de los Apóstoles

**Creo en Dios Padre todopoderoso,
Creador del cielo de la tierra,
Creo en Jesucristo, su único Hijo, nuestro Señor,
Que fue concebido por obra y gracia del Espíritu Santo,
nació de Santa María Virgen, padeció bajo el poder de Poncio Pilato,
fue crucificado, muerto y sepultado; descendió a los infiernos;
al tercer día resucitó de entre los muertos;
subió a los cielos, y está sentado a la derecha de Dios Padre,
desde ahí ha de venir a juzgar a vivos y muertos
y su reino no tendrá fin.
Creo en el Espíritu Santo, en la santa iglesia católica,
En la comunión de los santos, en el perdón de los pecados,
En la resurrección de los muertos, y la vida eterna.
Amén.**

Esta oración también se dice en el crucifijo al inicio del rosario.

Prayer Before Meals

Bless us, O Lord, and these Thy gifts,
which we are about to receive,
from Thy bounty, through Christ our Lord.
Amen.

The Act of Contrition

O my God, I am heartily sorry for having offended You,
and I detest all my sins,
because Your just punishments,
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 occasions of sin.
Amen.

Oración Antes de las Comidas

**Bendícenos, Señor, y bendice estos alimentos,
Que vamos a recibir de tu abundancia,
Por Cristo nuestro Señor.
Amén.**

El Acto de Contrición

**Señor mío Jesucristo, Dios y Hombre verdadero,
Creador, Padre, y Redentor mío, por ser Tú quien eres
Bondad infinita, y porque te amo sobre todas las cosas,
Me pesa de todo corazón haberte ofendido.
Ayudado de tu divina gracia, propongo firmemente,
Nunca más pecar, confesarme y cumplir la penitencia
que me fuere impuesta. Amén.**

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.**

Oración a San Miguel Arcángel

**San Miguel Arcángel,
defiéndenos en la batalla,
Sé nuestro amparo y protección contra
las perversidades y asechanzas del demonio.
Reprímele Dios mío, pedimos suplicantes,
y tú, príncipe de la milicia celestial,
arroja al infierno a Satanás,
y a todos los espíritus malignos,
que andan dispersos por el mundo
para la perdición de las almas. Amén.**