

First Holy Communion Confirmation Questions and Basic Prayers

Basic Prayers

Sign of the Cross (say and make)

Our Father

Hail Mary

Glory Be

Apostles' Creed

Act of Contrition

O my God, I am heartily sorry for having offending Thee and I detest all my sins because I dread the loss of heaven, and the pains of hell. But most of all because I have offended thee, my God Who art all good, and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Or:

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.

Seven Sacraments

Baptism

Confession (Reconciliation/Penance)

Holy Eucharist

Confirmation

Matrimony

Holy Orders

Anointing of the Sick

Ten Commandments

1. I am the Lord thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember to keep the Lord's Day holy.
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.

Questions

God and the Purpose of Life

1. **Who made you?** God made me.
2. **Why did God make you?** To show forth His goodness and to make me happy with Him in heaven forever.
3. **What must we do to be happy with God in heaven?** To be happy with God in heaven, we must know Him, love Him, and serve Him in this world. ("You can't love what you don't know.")

Sin

4. **What is sin?** Sin is saying No to God. It is disobedience to God's Laws.
5. **What is original sin?** Original Sin is the sin of our first parents, Adam and Eve.
6. **What did they do?** They disobeyed God by eating from the Tree of Knowledge of Good and Evil, after He said not to.
7. **What is actual sin?** Sin that we ourselves commit.
8. **How many kinds of actual sin are there?** There are two kinds of actual sin – mortal sin and venial sin.

9. **What is a mortal sin?** A mortal sin is a deadly sin; a big sin committed on purpose.

10. **What does mortal sin do to your soul?** Mortal sin kills God's life in my soul.

11. **What is venial sin?** Venial sin is a lesser sin – doing something that God does not like.

12. **What does venial sin do to our soul?** Venial sin makes our souls sick and is displeasing to God.

The Sacraments

13. **What is a sacrament?** A sacrament is an outward sign instituted by Christ and entrusted to the Church to give grace.

14. **What is grace?** God's life in my soul.

15. **What does 'instituted by Christ' mean?** It means that Jesus gave us the sacraments.

16. **What is an outward sign?**

Something we can see on the outside that gives grace on the inside.

17. **What three things does grace do for your soul?**

1) Grace makes my soul holy and pleasing to God.

2) It helps me to love God more.

3) It helps me to say NO to sin and temptation.

18. **How do I make the life of grace in my soul grow?** By praying and receiving the Sacraments

19. **What is Baptism?** Baptism is the Sacrament that washes away original sin from my soul and makes it rich in the grace of God.

20. **What is the Sacrament of Penance (Reconciliation)?** Penance is the Sacrament by which sins committed after Baptism are forgiven.

21. **What must you do to receive the sacrament of Penance worthily?**

(What are the Five Steps to a Good Confession?)

1) Find out my sins

2) Be sorry for my sins

3) Resolve not to sin again

4) Tell my sins to a priest

5) Do the penance the priest gives me

22. **What are the seven gifts of the Holy Spirit?** The seven gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

23. **How do the gifts of the Holy Spirit help us?** The gifts of the Holy Spirit help us to more clearly understand what He is asking and more readily do what He asks.

24. **What do the gifts of the Holy Spirit help us to experience?** The gifts of the Holy Spirit help us to experience various degrees of happiness which we call beatitudes and fruits.

25. **Name three of the twelve fruits of the Holy Spirit.** The twelve fruits of the Holy Spirit are: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

Prayer

26. **What is prayer?** Prayer is spending time with God, raising up our mind and heart to Him.

27. **What kinds of prayers should I say?**

Morning and night prayers

Daily Rosary (start off with two decades per day)

Spiritual reading (Bible, Catechism, Saints)

Meditation (quietly thinking about God)