



## SS. CYRIL & METHODIUS SLOVAK CATHOLIC CHURCH

### Prayers to Know:

- \_\_\_\_\_ The Sign of the Cross
- \_\_\_\_\_ Anima Christi
- \_\_\_\_\_ Memorare
- \_\_\_\_\_ Guardian Angel Prayer
- \_\_\_\_\_ The Apostles Creed
- \_\_\_\_\_ The Act of Faith
- \_\_\_\_\_ The Act of Hope
- \_\_\_\_\_ The Act of Love
- \_\_\_\_\_ The Act of Contrition
- \_\_\_\_\_ Form for Penance
- \_\_\_\_\_ The Ten Commandments
- \_\_\_\_\_ The Precepts of the Church
- \_\_\_\_\_ The Seven Sacraments
- \_\_\_\_\_ Hail Holy Queen
- \_\_\_\_\_ The Fatima Prayer
- \_\_\_\_\_ Blessing Before Meals
- \_\_\_\_\_ Blessing After Meals
- \_\_\_\_\_ 20 Mysteries of the Rosary

### Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within your wounds shelter me.  
From turning away keep me.  
From the malignant enemy, protect me.  
At the hour of my death, call me.  
Into your presence lead me,  
That with the saints I may praise you forever and ever.  
Amen.

### Memorare

Remember, o most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you, o virgin of virgins, my mother. To you I come, before you I stand, sinful and sorrowful. O mother of the word incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

### Guardian Angel Prayer

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

### The Apostles' Creed

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; The third day, He arose from  
the dead; He ascended into  
Heaven, sits at the right hand of  
God, the Father almighty; from  
thence he shall 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 that  
you are one God in three divine  
persons: Father, Son and Holy  
Spirit; I believe that your divine  
Son became man, and died for our  
sins, and that He will come to  
judge the living and the dead. I  
believe these and all the truths  
which the Holy Catholic Church  
teaches, because you have revealed  
them, who can neither deceive nor  
be deceived.

### Act of Hope

O my God, relying on your infinite  
goodness and promises, I hope to  
obtain pardon for my sins, the help  
of your grace, and life everlasting,  
through the merits of Jesus Christ,  
my Lord and Redeemer.

### Act of Love

O my God, I love you above all  
things with my whole heart and  
soul, because you are all-good and  
worthy of all love. I love my  
neighbor as myself for the love of  
You. I forgive all who have  
injured me, and ask pardon of all  
whom I have injured.

### Act of Contrition

*For Sacrament of Penance*

(\*\*Other Acts of Contrition may be used\*\*)

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.  
Our Savior Jesus Christ suffered  
and died for us. In His name, my  
God, have mercy.

### Form for the Sacrament of Penance

*How to go to confession*

1. In the name of the Father, and  
of the Son, and of the Holy  
Spirit. Amen. Forgive me  
Father, for I have sinned. It has  
been \_\_\_\_\_ since my last  
confession. These are my  
sins....."
2. (when finished telling  
sins).....I am sorry for these  
sins and all the sins of my past  
life."
3. Say the Act of Contrition
4. The Priest absolves me of my  
sins.
5. Priest: "Give thanks to the Lord  
for he is good."  
I say: "His mercy endures  
forever."  
Priest: "God Bless you."  
I say: "Thank you, Father"



FARNOST SVĚTÝCH CYRILA A METODA

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### **The Ten Commandments**

*Must know in order and by number*

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 Sabbath day.
4. Honor your father and 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.

### **Precepts of the Church**

1. To assist at Mass by active participate on all Sundays and Holy Days of Obligation.
2. To fast and abstain from meat on the appointed days.
3. To confess mortal sins at least once a year.
4. To receive Holy Communion during the Easter time (from the 1<sup>st</sup> Sunday of Lent through Trinity Sunday)
5. To contribute to the support of the Church.
6. To observe the laws of the church concerning marriage.

### **Seven Sacraments**

Baptism  
Confirmation  
Eucharist  
Penance  
Anointing of the Sick  
Holy Orders  
Matrimony

### **Hail Holy Queen**

Hail, holy Queen, Mother of Mercy, 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 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. Pray for us O Holy Mother of God that we made be worthy of the promises of Christ.

### **The Fatima Prayer**

*Prayer after each decade*

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have the greatest need of your mercy

### **Blessing Before Meals**

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

### **Blessing After Meals**

We give you thanks, almighty God, for all your benefits, who live and reign forever and ever. Amen

### **20 Mysteries of the Rosary**

#### **Joyful Mysteries**

(Monday, Saturday)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the child Jesus in the Temple

#### **Sorrowful Mysteries**

(Tuesday, Friday)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

#### **Glorious Mysteries**

(Sunday, Wednesday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption of the Blessed Virgin Mary
5. The Crowning of the Blessed Virgin Mary

#### **Luminous Mysteries**

(Thursday)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The institution of the Eucharist