

Prayers for First Reconciliation & First Holy Communion

Prayers

As you help prepare your child for First Reconciliation and First Holy Communion, please spend some time practicing their prayers with them.



Prayers your children should know:

- The Sign of the Cross
- The Our Father
- The Act of Contrition
- A morning and evening prayer of your choosing (some examples are below)

Morning Prayer

Open my eyes, Lord
Help me to see Your face.
Open my ears, Lord
Help me to hear your voice.
Open my heart, Lord
Help me to love like You.
I live within You; rest now in me
Understanding and forgiving are you, Lord
Slow to anger, rich in kindness
May we live this day, with understanding hearts
And forgiving spirits.

Evening Prayer

Now I lay me down to sleep, I pray the Lord my soul to keep.
Angels watch me through the night; and wake me with the morning light.

Act of Contrition

Oh my God, I am heartily sorry for having offended You, and I detest all my sins because of 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 near occasion of sin.
Amen.