

**Act of Contrition** Bless me Father for I have sinned,  
It's been \_\_\_ since my last confession.

O my God, I am heartily sorry for having offended Thee,  
and I detest all my sins,  
because I dread the loss of heaven,  
and the pains of hell;  
but most of all because they offend Thee, my God,  
Who are 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.

**Grace (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 Ten Commandments**

1. Worship God.
2. Honor Gods name.
3. Go to Mass on Sunday & Don't work.
4. Honor your parents.
5. Thou shalt not murder.
6. Thou shalt not commit Adultery.
7. Thou shalt not steal.
8. Thou shalt not lie.
9. Thou shalt not think about adultery.
10. Thou shalt not covet your neighbors goods.

**2. Divine Mercy Prayer**

Eternal Father, I offer you the Body  
and Blood, Soul and Divinity  
of Your dearly beloved Son,  
Our Lord Jesus Christ,  
in atonement for our sins  
and those of the whole world.

**4. Divine Mercy Prayer**

Holy God, Holy Mighty One, Holy Immortal One,  
have mercy on us and on the whole world.

**5. Divine Mercy Prayer**

"Jesus, I trust in You."

**Angel of God**, my Guardian dear,  
to whom Gods love commits me here,  
ever this day (or night) be at my side,  
to light and guard, to rule and guide.  
Amen

**O God whose only begotten Son**

has purchased for us the rewards of eternal life,  
Grant that we beseech Thee while meditating  
upon these mysteries of the Most Holy Rosary  
of the Blessed Virgin Mary, we may both imitate  
what they contain and obtain what they promise,  
through the same Christ our Lord Amen.  
(Beseech: Search or ask for earnestly)

**1. Divine Mercy Optional Opening Prayer**

You expired, Jesus, but the source  
of life gushed forth for souls, and the ocean  
of mercy opened up for the whole world.  
O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty  
Yourself out upon us."  
"O Blood and Water, which gushed forth from the  
Heart of Jesus as a fountain of mercy for us,  
I trust in You!.

**3. Divine Mercy Prayer**

For the sake of His sorrowful passion,  
have mercy on us and on the whole world.

**6. Divine Mercy Optional Closing Prayer**

Eternal God, in whom mercy is endless  
and the treasury of compassion inexhaustible,  
look kindly upon us and increase Your mercy  
in us, that in difficult moments we might not  
despair nor become despondent, but with great  
confidence submit ourselves to Your holy will,  
which is Love and Mercy itself. Amen.