

LEVEL 3 PRAYERS

Guardian Angel Prayer (aka Angel of God)

Angel of God, my guardian dear, to whom God's love entrusts me here.
Ever this day be at my side to light, to guard to rule and guide. Amen.

Act of Contrition

O 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 worthy of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

Rite of Penance

Priest: Welcomes the penitent.

Penitent: **In the name of the Father, and of the Son and of the Holy Spirit. Amen** (make the sign of the Cross).

Priest: Invites the penitent to have trust in God. The priest or penitent may read a text of Holy Scripture.

Penitent: **Bless me Father, it has been _____ (how long) since my last confession. These are my sins:**

Tell the priest your sins with honesty and sorrow, and also tell the priest a little about yourself. The priest will listen to you and guide you.

Penitent: **I am sorry for these and all my sins.**

The priest will give you a penance to help make up for your sins and to change your heart.

Penitent: Act of Contrition

O 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 worthy of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

After the Act of Contrition, the priest will give you Absolution.

Penitent: At the end of the Absolution say **Amen** (make the sign of the cross).

Priest: Give thanks to the Lord, for he is good.

Penitent: **His mercy endures forever.**

Priest: Dismisses the penitent in peace.

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.

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 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.

Mysteries of the Rosary: Joyful and Sorrowful

Joyful: The Annunciation, The Visitation, The Birth of Our Lord, The Presentation of Our Lord in the Temple, The Finding of Our Lord in the Temple.

Sorrowful: The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion and Death of Our Lord.

Assessment Dates 2025-26

Sept. 29th: Act of Contrition, Rite of Penance, and Guardian Angel Prayer

Nov. 17th: Apostles Creed and Grace Before Meals

Feb. 2nd: Joyful Mysteries of the Rosary

April 6th: Sorrowful Mysteries of the Rosary