

Parents' Role in First Holy Communion Preparation

As parents, it is important to remember that you are the first and best educators to your children in the way of faith. The best way to prepare your children for receiving any of the Sacraments is to show them how to live out our faith. Teaching children how to pray and praying with them (see below). Coming to Sunday Mass and on Holy Days of Obligation are also really important so that we be supported by the Lord in living out our Christian life.

PRAYERS YOUR CHILD SHOULD KNOW.
PLEASE SAY THEM WITH HIM/HER.
THANKYOU.

- The sign of the cross.
- Our Father
- Hail Mary,
- **Glory be to** The Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be world without end. Amen.
- **Eternal rest** give unto them O Lord and Let Perpetual Light Shine upon them may they rest in peace. Amen.
- **An Act of Contrition:** O My God because You are so Good I am very sorry I have sin against you and by the help of your Grace I will not to sin again. Amen.
- **The 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 and was crucified dead and buried. He descended into hell, but 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 the Almighty from where He shall come to judge the living and the dead. I believe in the Holy Spirit, the Lord and Giver of Life. The Holy Catholic Church. The Communion of Saints, The forgiveness of sin, The resurrection of the body, And Life everlasting. Amen.

Some short prayers to memorise:

- Jesus Mercy, Mary help
- My Lord and My God,
- Jesus, Son of the Living God, have mercy upon me, a sinner.
- O Sacred Heart of Jesus, I implore that I may love you, daily more and more.