

# MY FIRST PRAYERS



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# The Apostles' Creed

*Another of the special prayers that we might want to learn is called the Apostles' Creed. This prayer teaches us all about God the Father, God the Son, and God the Holy Spirit. It is so special because we believe the very same things about God that the Apostles did, even though they lived over 2,000 years ago.*

**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 will 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.

# Examining Our Conscience

*Now, after a long day, we are getting ready to go to bed. Before we fall asleep, though, there are two things that we should do. The first thing is that we should look back over all the things we did that day and ask ourselves whether we did everything the way that we promised God we would do it. Some of the questions that we should ask ourselves are:*

- Did we obey our parents?
- Did we always tell the truth?
- Did we try to help others?
- Did we say our prayers?
- Did we fight anyone?
- Did we make fun of anyone?
- Did we take anything that does not belong to us?
- Did we do our homework and our chores?

*After we have finished asking ourselves these and other questions, we can ask God for forgiveness with an "Act of Contrition," page 23. We can also ask God's help to be better tomorrow.*

