

Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that Your Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You revealed them, who can neither deceive nor be deceived.



Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.



Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.



Holy Spirit, we ask that you help us to pray during this wonderful hour with Jesus, to keep our minds and souls focused on Jesus, and to keep us close to Him. Thank you. Amen.



