

LEVEL FOUR

PRAYERS

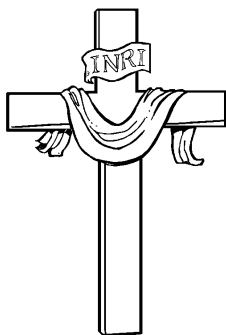
THE APOSTLES' CREED

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,
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.



ACT OF CONTRITION

O my God,
I am sorry for my sins
in choosing to sin
and failing to do good,
I have sinned against you
and your Church.
I firmly intend
with the help of your Son
to make up for my sins
and to love as I should. Amen.

