

REFLECT & PRAY

CONFIRMATION PROGRAMME

S1 Following God's Laws

The Ten Commandments



OPENING PRAYER

Thy will be done

Our Father who are in heaven
Hallowed be your name
Your kingdom come
YOUR WILL BE DONE
On earth as it is in heaven



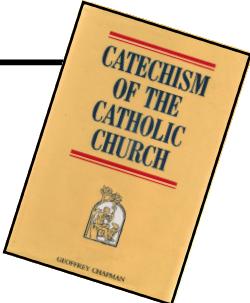
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us
And lead us not into temptation
But deliver us from evil.

Help me Lord to do YOUR will.
Make me strong not to give in to temptation
Help me avoid all evil around me
Help me to do YOUR will.

REFLECT

The Church's Law

PRECEPTS



Besides following God's laws every Catholic is expected to adhere to other rules set by the Church. These laws or PRECEPTS are meant to remind us of the minimum expectations with regards to some of our basic practices as members of the Catholic Church and the Family of God.

- To attend Mass on Sundays and Holy days of Obligation and to abstain from work that could impede the sanctification of such days.
- To confess sins at least once a year by celebrating the Sacrament of Reconciliation.
- To receive Holy Communion at least during the Easter Season (From Holy week to Pentecost Sunday)
- To observe the prescribed days of fasting and abstinence - a time of penance to prepare for special liturgical celebrations. (usually Ash Wednesday and Good Friday)
- To help provide for the needs of the Church.

see paragraphs CCC 2041-2043

CONCLUDING PRAYER

Blessed are they whose ways are blameless,
who walk according to the law of the LORD.

Blessed are they who keep his statutes and seek him with all their heart.

They do nothing wrong;
they walk in his ways.

You have laid down precepts that are to be fully obeyed.

Oh, that my ways were steadfast in obeying your decrees!

Then I would not be put to shame when I consider all your commands.

I will praise you with an upright heart as I learn your righteous laws.

Psalm 119