

**A**doration (Glory Be, Hail Mary)

**C**ontrition (Act of Contrition)

**T**hanksgiving (The Holy Mass)

**S**upplication (Guardian Angel Prayer, Our Father)

Adoration - to adore, showing love towards Contrition - to be sorry and ask for forgiveness Thanksgiving - to give thanks Supplication - to ask for something
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Prayer is the easiest way to:

- Talk to God
- Listen to God
- Help others
- Help yourself

Prayer doesn't need to be fancy. It just needs to come from your heart. A good prayer from your heart uses all of **ACTS**. A great example of this is the Lord's Prayer (Our Father).

When we need something we should always go to God first in prayer.

Sometimes what we think should be the answer to our prayers is DIFFERENT than what God has in mind for us. But remember, God always knows what is best for us. All things are possible with God - like making a cup into a hat. 😊



God answers all prayers.

- Sometimes He says yes.
- Sometimes He says no.
- Sometimes He says Not Right Now

God knows everything and provides all that we need. God gives us our parents to help guide us as we learn how to talk and listen to Him.

God created the Angels. They are spirits. They do not really have wings but they can move faster than we can imagine, that is why many artists draw them with wings. There are many, many angels. Each of us has a Guardian Angel that the Lord gives us to light, guard, rule and guide our souls. 😊

God's once favoured angel, Lucifer, wanted to become more powerful than He. He rebelled against God and said he would not serve the Lord and convinced other angels to fight against the Lord too. This was the very first **Sin**, or turning away from God, ever. God told Michael, the Archangel, to lead a war to drive out all of the bad angels from heaven. And so it was done. The bad angels were cast down to hell and the good angels stayed with God in heaven.



God created the world out of nothing. He created Adam and Eve and gave them the Garden of Eden with everything they needed for eternal (forever) happiness.

Adam and Eve are our first parents. They turned away from God after being tricked by the serpent (Lucifer/devil) into eating of the fruit that God told them not to. This is known as **Original Sin**, the very first turning away from God on earth.

As punishment for not listening to Him, God cast Adam and Eve out of the beautiful garden. Even though they sinned the Lord did not abandon them.

We can get rid of Original Sin by receiving the sacrament of **Baptism**. Anyone can be baptised not just babies.



The only people that were born without original sin were Mother Mary and Jesus.