

Q. What Prayers are most recommended to us?

A. the Lord's Prayer, the Hail Mary, the Apostles' Creed, and the Confiteor, or General Confession.

Q. Does the Church also recommend the Acts of Faith, Hope, and Charity?

A. Yes, most earnestly—they are an excellent form of prayer; and remind us of our chief duties to God.

Q. What are our chief duties to God?

A. To believe in him, to hope in him, and to love him.

Q. Why do you make an act of Contrition before the Acts of Faith Hope, and Charity?

A. To obtain pardon of my sins; and thereby to render my prayers more acceptable to God, and more beneficial to myself.