

# PRAYERS AND PRACTICES

## 1<sup>st</sup> GRADE:

### **Sign of the Cross**

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.



### **Hail Mary**

Hail Mary, full of grace, the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now  
and at the hour of our death. Amen.

### **Glory Be to the Father**

Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

## 2<sup>nd</sup> GRADE:

### **Our Father**

Our Father, who art in heaven, hallowed be thy name;  
thy kingdom come; thy 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. Amen.

### **Prayer of Sorrow**

My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance,  
to sin no more, and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In His name, my God, have mercy.  
Amen.

### **Prayer Before Communion**

Jesus, you are God-with-us, especially in this sacrament of the Eucharist.  
You love me as I am and help me grow.  
Come and be with me in all my joys and sorrows.  
Help me share your peace and love with everyone I meet.

### **Prayer After Communion**

Jesus, Son of God, thanks and praise to you.  
Jesus, Good Shepherd, thanks and praise to you.  
Jesus, Lamb of God, thanks and praise to you.  
Jesus, Bread of life and love, thanks and praise to you.  
Jesus, Source of strength and joy, thanks and praise to you.  
Thank you, Jesus, for your life in mine.  
Help me live your good news of love and peace.

### **3<sup>rd</sup> GRADE:**

#### **Nicene Creed (from the Roman Missal)**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation He came down from heaven,

*(At the words that follow, up to and including "and became man," all bow)*

and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

#### **Apostles' Creed (Roman Missal November 2011 Revision)**

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 power of the Holy Spirit and 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 the life everlasting. Amen.

### **4<sup>th</sup> GRADE:**

#### **The Ten Commandments**

The first three commandments help us to love and honor God.

The last seven commandments help us to love others and ourselves.

1. I am the Lord your God. You shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not tell lies against your neighbor.
9. You shall not want to take your neighbor's wife or husband.
10. You shall not want to take your neighbor's possessions.

### **5<sup>th</sup> GRADE:**

#### **The Rosary**

A rosary is made up of groups of beads arranged in a circle. It begins with a cross followed by one large bead and three small ones. The next large bead (just before the medal) begins the first "decade." Each decade consists of one large bead followed by ten smaller beads. Begin the rosary with the Sign of the Cross. Recite the Apostles' Creed. Then pray one Our Father, three Hail Marys, and one Glory to the Father. To pray each decade, say an Our Father on the large bead and a Hail Mary on each of the ten smaller beads. After each decade pray the Glory to the Father. Pray the Hail, Holy Queen as the last prayer of the rosary. The mysteries of the rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate joyful, sorrowful, glorious or luminous mystery.

**The Five Joyful Mysteries (of the Rosary)**

(by custom, used on Mondays, and the Sundays of Advent)

1. The annunciation
2. The visitation
3. The nativity
4. The presentation of Jesus in the Temple
5. The finding of Jesus in the Temple

**The Five Sorrowful Mysteries (of the Rosary)**

(by custom, used on Tuesdays, Fridays, and the Sundays of Lent)

1. The agony in the garden
2. The scourging at the pillar
3. The crowning with thorns
4. The carrying of the cross
5. The crucifixion and death of Jesus

**The Five Glorious Mysteries (of the Rosary)**

(by custom, used on Wednesdays, Saturdays, and the remaining Sundays of the year)

1. The resurrection
2. The ascension
3. The descent of the Holy Spirit upon the apostles
4. The assumption of Mary into heaven
5. The coronation of Mary in heaven

**The Five Luminous Mysteries (of the Rosary)**

(by custom, used on Thursdays of the year)

1. The baptism of Jesus
2. The Wedding at Cana
3. The preaching of Jesus on the kingdom, conversion and reconciliation
4. The transfiguration
5. The Last Supper and institution of the Eucharist

**6<sup>th</sup> GRADE:****Hail, Holy Queen**

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope!  
To you do we cry, poor banished children of Eve;  
to you do we send up our sighs, mourning and weeping in this valley of tears.  
Turn, then most gracious advocate, your eyes of mercy toward us; and after this our exile,  
show unto us the blessed fruit of your womb,  
Jesus, O clement, O loving, O sweet Virgin Mary!  
Pray for us, O holy Mother of God  
that we may be made worthy of the promises of Christ.

**7<sup>th</sup> GRADE:**

By the 7th grade, the student should know all previous prayers.

**8<sup>th</sup> GRADE:**

**The Beatitudes**

Blessed are the poor in spirit;  
For theirs is the kingdom of heaven.  
Blessed are they who mourn;  
For they will be comforted.  
Blessed are the meek,  
For they will inherit the land.  
Blessed are they who hunger and thirst for righteousness,  
For they will be satisfied.  
Blessed are the merciful,  
For they will be shown mercy.  
Blessed are the clean of heart,  
For they will see God.  
Blessed are the peacemakers,  
For they will be called children of God.  
Blessed are they who are persecuted for the sake of righteousness,  
For theirs is the kingdom of heaven.

(Matthew 5:3-10)

**The Corporal Works of Mercy**

Care for the sick.  
Feed the hungry.  
Give drink to the thirsty.  
Clothe the naked.  
Welcome the stranger.  
Help those imprisoned.  
Bury the dead.

**The Spiritual Works of Mercy**

Give correction to those who need it.  
Share your knowledge with others.  
Give advice to those who need it.  
Comfort those who suffer.  
Be patient with people.  
Forgive those who hurt you.  
Pray for the living and the dead.

## **Holy Days of Obligation**

The Church in the United States has set aside six special days called holy days of obligation. On these days Catholics must take part in the Mass just as on Sunday. The holy days celebrate important events in the lives of Jesus, Mary, and the saints:

Solemnity of Mary, Mother of God	January 1
Ascension	During the Easter season
Assumption of Mary	August 15
All Saints	November 1
Immaculate Conception	December 8
Christmas	December 25

## **ADDITIONAL PRAYERS TO INTRODUCE AT HOME:**

### **Grace Before Meals**

Bless us, O Lord, and these your gifts which we are about to receive from your bounty, through Christ our Lord, Amen.

### **Grace After Meals**

We give you thanks, almighty God, for these benefits and all your gifts which we have received, through Christ our Lord. Amen.

### **Act of Faith**

O God, we believe in all that Jesus has taught us about you. We place all our trust in you because of your great love for us.

### **Act of Hope**

O God, we never give up on your love.  
We have hope and will work for your kingdom to come  
and for a life that lasts forever with you in heaven.

### **Act of Love**

O God, we love you above all things. Help us to love ourselves and one another as Jesus taught us to do.

### **Prayer of Saint Francis**

Lord, make me an instrument of your peace: where there is hatred, let me sow love;  
where there is injury, pardon; where there is doubt, faith; where there is despair, hope;  
where there is darkness, light; where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console,  
to be understood as to understand, to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

### **The Stations of the Cross**

1. Jesus is condemned to die.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.
15. The Resurrection

### **The Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, we fly unto you, O Virgin of virgins, our Mother. To you we come, before you we kneel, sinful and sorrowful. O Mother of the Word made flesh, do not despise our petitions, but in your mercy hear and answer them. Amen.

### **Angel of God**

Angel of God, my Guardian Dear  
To whom God's love commits me here.  
Ever this day, be at my side  
To light and guard, to rule and guide. Amen.

### **Prayer to St. Michael**

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host by the Divine Power of God cast into hell, Satan and all the evil spirits, who roam throughout the world seeking the ruin of souls. Amen.

### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you will renew the face of the earth. Amen.

### **Prayer for Vocations**

God, in Baptism you called me by name and made me a member of your people, the Church.  
Help all your people to know their vocation in life,  
And to respond by living a life of holiness.  
For your greater glory and for the service of your people,  
Raise up dedicated and generous leaders who will serve as sisters, priests, brothers, deacons, and lay ministers.  
Send your Spirit to guide and strengthen me that I may serve your people following the example of your Son, Jesus Christ, in whose name I offer this prayer. Amen.

## **Magnificat**

My soul proclaims the greatness of the Lord,  
My spirit rejoices in God my Savior;  
For he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
The Almighty had done great things for me,  
And holy is his Name.

He has mercy on those who fear him  
In every generation.

He has shown the strength of his arm,  
He has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
And has lifted up the lowly.

He has filled the hungry with good things,  
And the rich he has sent away empty.

He has come to the help of his servant Israel  
For he has remembered his promise of mercy,  
The promise he made to our fathers,  
To Abraham and his children for ever. Amen.

(Luke 1:46-55)