

Prayers to Know

First Grade	Second Grade	Third Grade
Master <ul style="list-style-type: none"> • Sign of the Cross • Lord's Prayer • Hail Mary • Glory Be • Blessing before meals 	Master <ul style="list-style-type: none"> • Sign of the Cross • Lord's Prayer • Hail Mary • Glory Be • Blessing before meals • Act of Contrition 	Master <ul style="list-style-type: none"> • Sign of the Cross • Lord's Prayer • Hail Mary • Glory Be • Blessing before meals • Act of Contrition • Guardian Angel Prayer
Practice <ul style="list-style-type: none"> • Guardian Angel Prayer 	Practice <ul style="list-style-type: none"> • Guardian Angel Prayer • Nicene Creed 	Practice <ul style="list-style-type: none"> • Nicene Creed • Prayer to the Holy Spirit • The Rosary
Introduce <ul style="list-style-type: none"> • Nicene Creed 	Introduce <ul style="list-style-type: none"> • Prayer to the Holy Spirit • The Rosary 	Introduce <ul style="list-style-type: none"> • Act of Faith • Act of Hope • Act of Love

Fourth Grade	Fifth Grade
Master <ul style="list-style-type: none"> • Sign of the Cross • Lord's Prayer • Hail Mary • Glory Be • Blessing before meals • Act of Contrition • Guardian Angel Prayer 	Master <ul style="list-style-type: none"> • Sign of the Cross • Lord's Prayer • Hail Mary • Glory Be • Blessing before meals • Act of Contrition • Guardian Angel Prayer • Prayer to the Holy Spirit
Practice <ul style="list-style-type: none"> • Nicene Creed • Prayer to the Holy Spirit • The Rosary • Act of Faith • Act of Hope • Act of Love 	Practice <ul style="list-style-type: none"> • Nicene Creed • The Rosary • Act of Faith • Act of Hope • Act of Love • Hail Holy Queen
Introduce <ul style="list-style-type: none"> • Hail Holy Queen 	Introduce <ul style="list-style-type: none"> • The Angelus

The Sign of the Cross

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

Doxology (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.

Hail Mary

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of the womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Lord's Prayer (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.

Blessing before Meals

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

Guardian Angel Prayer

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.

Nicene Creed

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,
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.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Or

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.

Apostle's 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 Hope

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine persons, Father, Son and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy catholic Church teaches, because in revealing them you can neither deceive nor be deceived. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother, to thee I come, sinful and sorrowful, O Mother of the Word Incarnate, despise not my petitions but hear and answer me. 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 shall renew the face of the earth.

Let us Pray:

Oh God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, Our Lord. Amen.

Prayer to Saint Michael the Archangel

St. 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 Power of God, thrust into hell Satan and all the evil spirits who prowl about the earth seeking the ruin of souls. Amen.

Angelus

Verse:

The Angel of the Lord declared unto Mary.

Response:

And she conceived of the Holy Spirit.

Hail Mary, full of grace...

Verse:

Behold the handmaid of the Lord.

Response:

Be it done unto me according to thy word.

Hail Mary, full of grace...

Verse:

And the Word was made flesh.

Response:

And dwelt among us.

Hail Mary, full of grace...

Verse:

Pray for us, O holy Mother of God

Response:

That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thy do we cry, poor banished children of Eve. To thy do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Prayer before the Crucifix

Look down upon me, good and gentle Jesus while before Your face I humbly kneel and, with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity; true contrition for my sins, and a firm purpose of amendment. While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said to You, my Jesus: "They have pierced My hands and My feet, they have numbered all My bones." Amen.

Prayer for Vocations

Heavenly Father, bless our diocese with the grace of many vocations to the priesthood and religious life, Through the intercession of the Blessed Mother, grant to those You have called the willingness and generosity of spirit to give themselves in devoting their lives and their talents to the service of our Lord and to His Church. Increase the faith of all within our diocese and particularly the faith of those You have called and will continue to call. We ask this through Christ, Your Son. Amen.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.

Ten Commandments

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 mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Greatest Commandment

The Ten Commandments are fulfilled in Jesus' Great Commandment: "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.... You shall love your neighbor as yourself." (Mark 12:30-31)

The Stations of the Cross

1. Jesus is Condemned to Death
2. Jesus Takes up His Cross
3. Jesus Falls the First Time
4. Jesus Meets His Sorrowful Mother
5. Simon of Cyrene Helps Jesus Carry the Cross
6. Veronica Wipes the Face of Jesus
7. Jesus Falls a 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

Sometimes a 15th station is included that reflects on the joy of the Resurrection of Jesus.

How to Pray the Rosary

- ❖ We hold the crucifix in our hands as we pray the Sign of the Cross and the Apostle's Creed.
- ❖ Following the crucifix there is a single bead followed by a set of 3 beads and a single bead. The Lord's Prayer is prayed as we hold the first single bead and a Hail Mary at each bead in the set of 3 that follows. Then we pray the Glory Be to the Father. On the next single bead, we say the first mystery and pray the Lord's Prayer.
- ❖ There are 5 sets of 10 beads; each set is called a decade. We pray a Hail Mary on each bead of the decade. The Glory Be to the Father is prayed at the end of each decade. Between the decades is a single bead on which we say the next Mystery and pray the Lord's Prayer. After the last decade, we pray the Hail, Holy Queen. We end by holding the Crucifix in our hands as we pray the Sign of the Cross.

The Joyful Mysteries (Monday & Saturday)

1. The Annunciation - Mary learns that she has been chosen to be the mother of Jesus.
2. The Visitation - Mary visits Elizabeth, who tells Mary that she will always be remembered.
3. The Nativity - Jesus is born in a stable in Bethlehem.
4. The Presentation - Mary and Joseph bring the infant Jesus to the Temple to present him to God.
5. The Finding of Jesus in the Temple - Jesus is found in the Temple discussing his faith with the teachers.

The Luminous Mysteries (Thursday)

1. The Baptism of Jesus in the River Jordan - God the Father proclaims that Jesus is his beloved Son.
2. The Wedding Feast at Cana - At Mary's request, Jesus performs his first miracle.
3. The Proclamation of the Kingdom of God - Jesus calls all to conversion and service to the kingdom.
4. The Transfiguration of Jesus - Jesus is revealed in glory to Peter, James and John.
5. The Institution of the Eucharist - Jesus offers his Body and Blood at the Last Supper.

The Sorrowful Mysteries (Tuesday & Friday)

1. The Agony in the Garden - Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar - Jesus is lashed with whips.
3. The Crowning with Thorns - Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross - Jesus carries the cross that will be used to crucify him.
5. The Crucifixion - Jesus is nailed to the cross and dies.

The Glorious Mysteries (Wednesday & Sunday)

1. The Resurrection - God the Father raises Jesus from the dead.
2. The Ascension - Jesus returns to his Father in Heaven.
3. The Coming of the Holy Spirit - The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary - At the end of her life on earth, Mary is taken body and soul into Heaven.
5. The Coronation of Mary - Mary is crowned as Queen of Heaven and Earth.