

Basic Catholic Prayers for Memorization

NOTE: Each student is expected to know the prayers/lists introduced at their grade level in addition to knowing the prayers learned in previous years. Each year builds on the previous year.

<p>Kindergarten* First Grade</p>	<p><i>*Proper Genuflection *The Sign of the Cross *Grace before Meals *Our Father Hail Mary Guardian Angel Prayer Glory Be</i></p>
<p>Second Grade</p>	<p><i>Act of Contrition</i></p>
<p>Third Grade</p>	<p><i>10 Commandments Mysteries of the Rosary Fatima Prayer</i></p>
<p>Fourth Grade</p>	<p><i>Hail Holy Queen Prayer for the Dead</i></p>
<p>Fifth Grade</p>	<p><i>St Michael Archangel Apostles Creed</i></p>
<p>Sixth Grade</p>	<p><i>Memorare Morning Offering</i></p>
<p>Seventh Grade</p>	<p><i>Act of Faith Act of Hope Act of Love The Theological and Cardinal virtues The Angelus</i></p>
<p>Eighth Grade</p>	<p><i>Seven Capital Sins Works of Mercy Beatitudes</i></p>
<p>Confirmation Students</p>	<p><i>Confirmation Study Guide</i></p>

Students need a familiarity of what is contained in The Acts of Faith, Hope and Love but do not need to memorize.

Information on the Treasury of Traditional Prayer and Devotions

The prayers and lists are a small part of the beautiful treasury of traditional prayers and devotions of our Catholic Faith. They help provide us with a glimpse into the foundations of our Faith and a base from which our children can learn how to live their Faith; hopefully, they'll be well prepared and will want to share their love for Jesus and the Church He established!

In our religious education classes, we will begin an all school prayer and each class will end with a prayer. The chart at the end of this booklet provides a breakdown of information by grade level. Parents are asked to teach these prayers and lists to their children at the indicated grade level. Praying regularly at home will help them to master the required prayers. Students will be asked to show mastery of the prayers designated for their grade level (including all previous grade levels) each year, either orally or through a written assessment (for older children).

The memorization of prayers teaches how to pray and offers the essential support to the life of prayer. They help us connect in prayer together as a family and especially in common with each other at public liturgies. Without these common prayers we would not be able to stand with one voice. The memorization of prayers also supports us when we are in the desert; in times of heartache, trial and pain, these prayers offer the words our minds are too cluttered to utter on its own.

All these treasures of prayers and lists follow this page.....

Prayers for Memorization

Holy Water Etiquette

Worshippers dip their right fingertips into the holy water font as they enter church and make the sign of the cross. Repeat before exiting the church.

The Sign of the Cross

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

(Make the Sign of the Cross before and after saying prayers. Please make sure your child is using his/her right hand, and going from forehead to the heart or stomach, to the left shoulder and then the right shoulder, using a mirror and having numbers on it is a great way to teach them!)

Proper Genuflecting (Kneeling)

We genuflect (to bend the knee) to show honor and servitude to Jesus Christ present in the Blessed Sacrament (whether in the tabernacle or exposed in the Monstrance during Eucharistic Adoration).

Everyone should genuflect (kneel) toward the tabernacle on the right knee so that it touches the ground whenever entering or leaving a pew, except during communion. During Eucharistic Adoration, adorers genuflect on both knees when Jesus is present in the monstrance.

Grace Before Meals

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

Our Father (The Lord's Prayer)

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.

Hail Mary

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

Guardian Angel

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.

Glory Be

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

Act of Contrition – update!

Parents may opt to teach either version however beginning with the 2nd grade this year the children will learn and recite together as a group **Version B going forward.**

Act of Contrition: Version A

O, my God, I am heartily sorry for having offended Thee; And I detest all of my sins because I dread the loss of heaven and the pains of hell, but most of all, because I have offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, by the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen

Act of Contrition: Version B

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in 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

The Ten Commandments

1. I am the Lord, your God, you shall not have other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath 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 MYSTERIES OF THE ROSARY

THE JOYFUL MYSTERIES

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 LUMINOUS MYSTERIES

1. The Baptism in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of our Lord
5. The Institution of the Holy Eucharist

THE SORROWFUL MYSTERIES

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

THE GLORIOUS MYSTERIES

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

Fatima Prayer

Oh, my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those most in need of Thy mercy. Amen

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this, our exile show unto us the blessed fruit of Thy 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.

Prayer for the Dead

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer to St. Michael

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 world, seeking the ruin of souls. Amen

Apostles 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.

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 do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, in reparation for my sins, for the intentions of our associates, my loved ones, and fellow adorers, and in particular for those of our Holy Father, Pope Benedict. Amen

The Angelus

V: The angel of the Lord declared unto Mary,

R: And she conceived of the Holy Spirit.

Hail Mary.....

V: Behold the handmaid of the Lord,

R: Be it done unto me according to Thy word.

Hail Mary....

V: The Word was made flesh,

R: And dwelt among us. (Genuflect on one knee as this is being said)

Hail Mary....

V: Pray for us, O holy Mother of God.

R: 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 & cross be brought to the glory of His resurrection. Through the same Christ our Lord. Amen

(Note for Students on the Acts of Faith, Hope and Love: They need to have a familiarity of what is contained in each but do not need to memorize.)

Act of Faith

Oh 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 truths, which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

Act of Hope

O My God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon for 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 my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured.

Three Theological Virtues:

Faith, Hope and Charity (love)

Four Cardinal Virtues:

Prudence, Justice, Temperance, Fortitude

Seven Capital Sins:

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

WORKS OF MERCY

Corporal Works of Mercy are acts of love that help us to care for the physical and material needs of others.

They are:

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the imprisoned
6. Visit the sick
7. Bury the dead

Spiritual Works of Mercy are acts of love that help us to care for the needs of people's hearts, minds & souls.

They are:

1. Admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead.

Beatitudes

1. Blessed are the poor in spirit; the reign of God is theirs.
2. Blessed are the sorrowing; they shall be consoled.
3. Blessed are the lowly; they shall inherit the land.
4. Blessed are they who hunger and thirst for holiness; they shall have their fill.
5. Blessed are they who show mercy; mercy shall be theirs.
6. Blessed are the single-hearted; they shall see God.
7. Blessed are the peacemakers; they shall be called sons of God
8. Blessed are those persecuted for holiness' sake; the reign of God is theirs.