

Prayers and Major Concepts of the Catholic Religion

Below is a list of prayers students need to learn at the appropriate grade level. Although people can and should pray in whatever way they are most comfortable, the Catholic tradition has many prayers everyone should learn. To educate children spiritually, we are asking each student to learn their prayers and remember them from year to year. We will be testing children on their mastery of them throughout the year. Example, a third grader should learn the *Apostles Creed* but will also be tested on the *Our Father*, *Hail Mary*, *Sign of the Cross* etc. (Everything prior to and including their grade's prayers).

- K4 - Sign of the Cross
- K5 - Thank you prayer
Angel of God
Grace before Meals
- 1 - Hail Mary
Glory Be
- 2 - Our Father
Confiteor ***
Act of Contrition
- 3 - Apostles Creed ***
- 4 - Ten Commandments
- 5 - Seven Sacraments
- 6 - Nicene Creed ***
- 7 - Beatitudes
- 8 - Corporal Works of Mercy
Spiritual Works of Mercy
- 9 - Mysteries of the Rosary
- 10 - Seven Gifts of the Holy Spirit
Precepts of the Church

*** **updated words**

Sign of the Cross

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

Angel of God

Angel of God,
my guardian dear,
to whom God's love

entrusts me here,

ever this day be at my side
to light and guard,
to rule and guide.

AMEN

Thank You prayer

Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you God for everything.

Grace before Meals

Bless us O Lord, and these your gifts,
which we are about to receive from your goodness,
through Christ our Lord. 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 will be forever. 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.

Act of Contrition

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.

updated words

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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.

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.

Updated Words

Ten Commandments

1. I am the Lord your God.
You shall not have other gods besides 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 anything that belongs to your neighbor.

Seven Sacraments

Sacraments of initiation are:

Baptism, Confirmation and Eucharist

Sacraments of healing are:

Reconciliation and Anointing of the Sick

Sacraments of Service are:

Holy Orders and Matrimony

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.

Nicene Creed

I believe in one God,
the Father, the 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, 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.

Updated Words

Amen

Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Shelter the homeless
- Clothe the naked
- Care for the sick
- Help the imprisoned
- Bury the dead

Spiritual Works of Mercy

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

The Mysteries of the Rosary

The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

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 Coming of the Holy Spirit at Pentecost
4. The Assumption of Mary
5. The Crowning of Mary as the Queen of Heaven

The Luminous Mysteries

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist at the Last Supper



Praying the Holy Rosary

1. Hold the crucifix. Pray the Apostles' Creed.
2. For each single bead, pray the Lord's Prayer.
3. For the group of three beads, pray three Hail Marys. A group of ten beads is called a decade. For each decade, pray ten Hail Marys.
4. After each decade of Hail Marys is completed, pray the Glory Be to the Father.
5. End the Rosary by praying the Hail Holy Queen.

The Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Knowledge
4. Right Judgment
5. Courage
6. Reverence
7. Wonder

The Precepts of the Church

- Celebrate Mass on all Sundays and Holy Days of obligation.
- Confess your sins at least once a year.
- Receive the Eucharist at least during the Easter season.
- Fast and abstain on the days appointed by the Church.
- Contribute to the Church to provide for its material needs.
- Observe the laws of the church concerning marriage and give religious training to one's children by word, example & school.
- Join in the missionary spirit and work of the church.