

PRAYERS AND TEACHINGS ALL CATHOLICS SHOULD KNOW

GRADE	PRAYERS
Kindergarten	Sign of the Cross Our Father Hail Mary Grace before Meals Prayer to the Guardian Angel Prayer to the Guardian Angel and Spontaneous Prayer
Grade 1	Previous prayers and: Glory Be (Doxology) and Spontaneous Prayer
Grade 2	Previous prayers and: Morning Prayer Evening Prayer Act of Contrition Prayer after Meals Rite of Penance Order of the Mass/Mass Responses and Spontaneous Prayer
Grade 3	Previous prayers and: Hail, Holy Queen Apostles' Creed Rosary and Spontaneous Prayer
Grade 4	Previous prayers and: Act of Faith Act of Hope Act of Love Prayer to Holy Spirit Stations of the Cross Ten Commandments Beatitudes and Spontaneous Prayer

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GRADE	PRAYERS
Grade 5	Previous prayers and: Peace Prayer Seven Sacraments Vocation Prayer and Spontaneous Prayer
Grade 6	Previous prayers and: Angelus and Spontaneous Prayer
Grade 7	Previous prayers and: Memorare to the Blessed Virgin Mary Spiritual Works of Mercy Corporal Works of Mercy Gifts of the Holy Spirit Nicene Creed and Spontaneous Prayer
Grade 8	Previous prayers and: Holy Days of Obligation Precepts of the Church and Spontaneous Prayer
High School	Previous prayers and: Praying with Scripture and Spontaneous Prayer
Adult	Previous prayers and: Anima Christi Leading family prayer (Spontaneous) Blessings (Spontaneous) The Psalms

THE SIGN OF THE CROSS

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

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

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

PRAYER TO THE GUARDIAN ANGEL

Angel of God, my guardian dear,
to whom God's love entrusts me here,
ever this day be at my side,
to watch and guard, to rule and guide. Amen

GLORY BE TO THE FATHER (DOXOLOGY)

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

MORNING PRAYER

*We can pray at any time. In the morning we can offer God all the
things we will do that day.*

God our Father, I offer you today
All that I think and do and say.
I offer it with what was done
on earth, by Jesus Christ, your Son. Amen

EVENING PRAYER

At night we can thank God for being with us all day.

Dear God, before I fall asleep
I want to thank you for this day,
so full of Your kindness and Your love.
I close my eyes to rest now, safe in Your loving
care. Amen (Sadlier Publishing, 1995)

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.

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

PRAYER AFTER MEALS

We give thanks, God, for these and all your gifts,
which we have received, through Christ, Our
Lord. Amen (Sadlier Publishing, 1995)

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 vale 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.

APOSTLES CREED

I believe in God, the Father almighty,
creator of heaven and earth;
I believe in Jesus Christ, his only Son, Our Lord.
He was conceived by the power of the
Holy Spirit, and born of the Virgin Mary.
He suffered under Pontius Pilate, was
crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again 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

HOW TO PRAY THE ROSARY

1. Hold the crucifix and make the Sign of the Cross with it.
2. Say the Apostles' Creed while holding the cross.
3. On the first bead, say the Our Father.
4. On each of the three beads, say a Hail Mary for more faith, hope, and love.
5. Say the Glory Be (Doxology) on the chain before the large bead.
6. Call to mind the first mystery and think about it. Say the Our Father on the large bead.
7. On each of the ten beads, say a Hail Mary. Keep the picture of the mystery in your mind.
8. After each ten Hail Marys, say the Glory Be.
9. Say each decade the same way, thinking about each mystery.
10. After the last Glory Be you may bless yourself with the crucifix.

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. Agony in the Garden
2. The Scourging
3. Crowning with Thorns
4. Carrying of the Cross
5. The Crucifixion

The Glorious Mysteries:

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

The Luminous Mysteries:

1. Jesus' Baptism
2. Wedding Feast at Cana
3. Proclamation of the Kingdom
4. Transfiguration
5. Institution of the Eucharist

ACT OF FAITH

O my God, I firmly believe that You are one God in Three Divine Persons: the Father, the Son, and the Holy Spirit. I believe in Jesus Christ, Your Son, who became a Man and died for our sins, and who will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because You who know all have revealed them, who can neither deceive nor be deceived. Amen

ACT OF HOPE

O my God, trusting in Your goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through 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 love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen

PRAYER OF 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. Amen

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.

TEN COMMANDMENTS

1. I, the Lord, am 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 your 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.

(Loyola University Press, 1992)

BEATITUDES (Mt. 5:3-12)

God blesses those people who depend only on him.
They belong to the kingdom of heaven!

God blesses those people who grieve. They will
find comfort!

God blesses those people who are humble. The
earth will belong to them!

God blesses those people who want to obey him
more than to eat or drink. They will be given what
they want!

God blesses those people who are merciful. They
will be treated with mercy!

God blesses those people whose hearts are pure.
They will see him!

God blesses those people who make peace. They
will be called his children!

God blesses those people who are treated badly for
doing right. They belong to the kingdom of heaven.

God will bless you when people insult you, mistreat
you, and tell all kinds of evil lies about you
because of me.

Be happy and excited! You will have a great reward in
heaven.

(Lectionary for Masses with Children, NCCB, 1993)

PEACE PRAYER

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;
and 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. (Sadlier Publishing, 1995)

SACRAMENTS

Baptism
Confirmation
Eucharist
Penance
Anointing of the Sick
Matrimony
Holy Orders

PRAYER FOR VOCATION

Lord, I thank you for the gift of life and for your
love.
Help me to know myself better and to know my
talents as I try to choose my life's work.
Help me to see and to understand all the paths open
to me.
Help me to choose a life work which will be in
response to your love for me.
Give me strength, Lord, to do well in whatever
life work I choose. Amen.

(Office of Vocations, Diocese of Austin)

ANGELUS

The angel of the Lord declared unto Mary.
And she was conceived of the Holy Spirit.
(Hail Mary, full of grace....)
Behold the handmaid of the Lord.
Be it done to me according to your word.
(Hail Mary, full of grace....)
And the Word was made flesh.
And dwelt among us.
(Hail Mary, full of grace....)
Pray for us, holy Mother of God.
that we may be made worthy of the promises of
Christ.

Let us pray:

Pour forth, we beseech you, O Lord,
your grace into our hearts, that we to whom
the Incarnation of Christ, your 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.

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, I fly to you, O Virgin of virgins, my
Mother; to you do I come, before you I stand, sinful
and sorrowful. O Mother of the Word Incarnate,
despise not my petitions, but in your mercy hear
and answer me. Amen.

SPIRITUAL WORKS OF MERCY

1. Help sinners.
2. Teach the ignorant.
3. Give advice to the doubtful.
4. Comfort those who suffer.
5. Be patient with others.
6. Forgive injuries.
7. Pray for the living and the dead.

CORPORAL WORKS OF MERCY

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

GIFTS OF THE HOLY SPIRIT

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

HOLY DAYS OF OBLIGATION

Solemnity of Mary, Mother of God

January 1

Commemorates Mary's motherhood

Ascension of the Lord

Forty days after Easter (Celebrated on
following Sunday)

Commemorates Jesus' return in glory to His Father

Assumption of the Blessed Virgin Mary

August 15

Celebrates Mary's entrance into glory

All Saint's Day

November 1

Celebrates all those whose lives have witnessed to
God's glory

*Immaculate Conception of the Blessed Virgin
Mary*

December 8

Celebrates Mary's sinlessness and integrity of
character

Christmas, Nativity of the Lord

December 25

Celebrates Jesus' birth

PRECEPTS OF THE CHURCH

1. Celebrate Christ's resurrection every Sunday (or Saturday evening) and on holy days of obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life; to receive Holy Communion frequently and the Sacrament of Penance at least once a year (annual confession is obligatory only if serious sin is involved); minimally also, to receive Holy Communion at least once a year, between the First Sunday of Lent and Trinity Sunday.
3. Study Catholic teaching throughout life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church: to give religious training, by example and word, to one's children; to use parish schools and catechetical programs.
5. To strengthen and support the Church: one's own parish community and parish priests, the worldwide Church and the Pope.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. Join in the missionary work of the Church.

PRAYING WITH SCRIPTURE

Christians believe that the Bible is the living word of God. For this word to speak to us, though, we must read and reflect on it. We must hear what the Lord is saying to us through the particular Scripture reading. Meditation uses the mind and the heart to help us hear the word of the Lord. It engages the faculties of thinking and imagination (our minds), the love we have for God (our hearts), and also the resolutions we make to live better Christian lives (our hands and feet).

1. **SELECT** a passage.
2. **SETTLE DOWN**.
3. **PRAY TO THE HOLY SPIRIT** to help you pray and hear what the Lord is saying to you.
4. **READ** the scripture passage **SLOWLY AND MEDITATIVELY**.
5. **OBSERVE**: Step into the story; become part of it.

6. **REFLECT**: What does the story mean, what strikes you as the main point?
7. **LISTEN**: "What Lord, are you saying to me in this reading?"
8. **RESOLUTION**: Resolve to do something about the insights you have gained.
9. **THANKSGIVING**: Thank the Lord for your time of prayer and the insights you have received.

Any passage in scripture is suitable for meditation, however, the following are given as especially helpful for beginners for meditation:

Temptation in the desert - Matthew 4: 1-11

Calling of the first disciples - Luke 5: 1-11

Calming of the storm - Mark 4: 35-41

The woman in Simon's house - Luke 7: 36-50

Jesus instructs the disciples - Mark 6: 7-13

Sermon on the Mount - Matthew 5-7

Miracle at Cana - John 2: 1-12

The Miracle of the Loaves - John 6: 1-13

Jesus and Zaccheus - Luke 19: 1-10

Raising of Lazarus - John 11: 1-44

The rich young man - Matthew 19: 16-22

Driving out the money changers - Mark 11: 15-17

Washing the Apostles feet - John 13: 1-20

The Mount of Olives - Luke 22: 39-46

The Crucifixion - Luke 23: 33-49

The Emmaus story - Luke 24: 13-35

(Adapted from *The Ways of Prayer: An Introduction* by Michale Francis Pennock. Ave Maria Press, 1987)

NICENE CREED

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is seen and unseen.

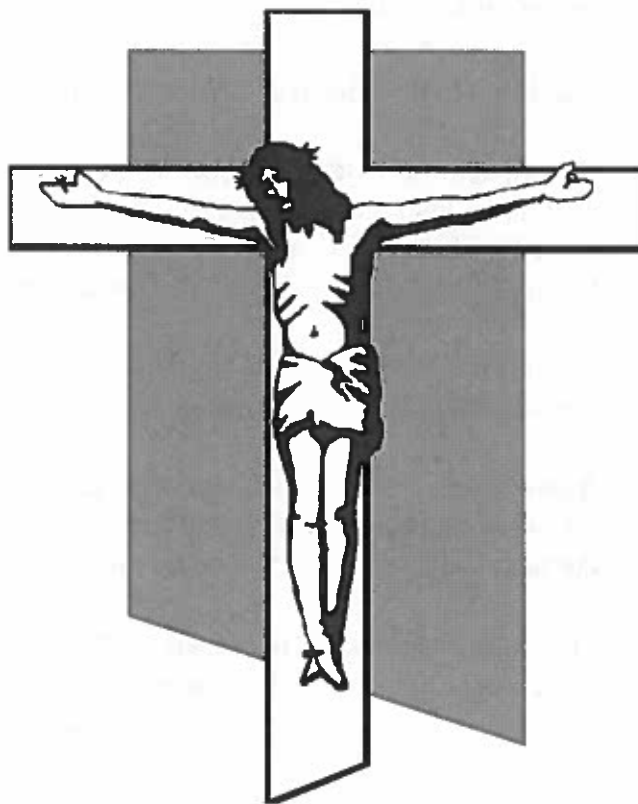
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made, one in Being with the
Father.

Through him all things were made.
For us men and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he was born of the Virgin Mary, and became
man.

For our sake he was crucified under Pontius
Pilate;
he suffered, died, and was buried.
On the third day he rose again
in fulfillment of 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.
We believe in the Holy Spirit, the Lord, the giver
of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and
glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic
Church.
We acknowledge one baptism for the forgiveness
of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen

ANIMA CHRISTI – a Traditional Prayer

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 you wounds, hide me.
Separated from you let me never be.
From the malignant enemy, defend me.
At the hour of death, call me.
To come to you, bid me.





RITE OF PENANCE

The sacrament of Penance, or Reconciliation, celebrates God's love and forgiveness which reach out to us through the ministry of the Church.

Preparation: I prepare for the sacrament of Penance by looking back over my words and actions since my last confession. How do I fulfill God's command to love my neighbor as myself? Do I try to "get even" when others hurt me? Do I hold grudges? Do I show reverence and respect for my body? Am I sorry for my sins and do I ask God for help with these problems?

Priest's Welcome: The priest, the minister of Reconciliation, greets me in the name of Jesus and of the Church.

Reading from Scripture: The priest may share a Bible reading with me.

Confession: I confess my sins to the priest. I tell him how I have offended God and what I would like to improve in my life. The priest then advises me. He suggests ways in which I might serve God better. The priest then asks me to say a prayer or to do an act of kindness to show that I am sorry and wish to change the direction of my life. This is called my penance.

Prayer of Sorrow: The priest then asks me to tell God I am sorry for my sins. I say a prayer of sorrow, called an act of contrition.

Absolution: Acting in the name of the Christian community, the priest extends his hands and asks God to give me pardon and peace. The priest forgives me in the name of the Father, and of the Son, and of the Holy Spirit. This is called absolution. I answer, "Amen."

Prayer of Praise and Dismissal: After absolution, I praise God with the priest. Then the priest says, "The Lord has freed you from your sins. Go in peace." I answer, "Amen."

(Adapted from *Rite of Penance*, ICEL, 1974 by Silver Burdett Ginn, Inc. 1995)

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THE ORDER OF MASS/MASS RESPONSES

GREETING

Priest: In the name of the Father, + and of the Son, and of the Holy Spirit.

People: Amen.

Priest: The Lord be with you.

People: And with your spirit.

PENITENTIAL RITE

Priest: Lord, have mercy. People: Lord, have mercy.

Priest: Christ, have mercy. People: Christ, have mercy

Priest: Lord, have mercy. People: Lord, have mercy.

GLORIA

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you,

we adore you, we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father,

you take away the sins of the world, have mercy on us;

You take away the sins of the world, receive our prayer;

you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord,

you alone are the Most High, Jesus Christ, with the Holy Spirit,

in the glory of God the Father. Amen.

OPENING PRAYER

LITURGY OF THE WORD

READINGS AND RESPONSORIAL PSALM

(At the end of the readings)

Reader: The Word of the Lord

People: Thanks be to God.

GOSPEL ACCLAMATION

GOSPEL

Deacon (or Priest): The Lord be with you.

People: And with your spirit.

Deacon (or Priest): + A reading from the holy gospel according to N.

People: Glory to you, O Lord.

(At the end of the readings)

Deacon (or Priest): The gospel of the Lord.

People: Praise to you, Lord Jesus Christ.

HOMILY

PROFESSION OF FAITH (NICENE CREED – page 17)

GENERAL INTERCESSIONS (PRAYER OF THE FAITHFUL)

LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

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PRAYER OVER THE GIFTS

Priest: Pray that my sacrifice and yours may be acceptable to God, the almighty Father.

People: May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good, and the good of all his holy Church.

EUCCHARISTIC PRAYER

Priest: The Lord be with you

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

HOLY, HOLY, HOLY

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

MEMORIAL ACCLAMATION

Priest: The mystery of faith.

**People: We proclaim your Death, O Lord,
and profess your Resurrection until you come again.**

or

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord, until you come again.**

or

**Save us, Savior of the world,
for by your Cross and Resurrection you have set us free.**

COMMUNION RITE

The Lord's Prayer (page 11)

SIGN OF PEACE

Priest: The peace of the Lord be with you always.

People: And with your spirit.

BREAKING OF THE BREAD

People: Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

RECEPTION OF COMMUNION

Priest: Behold the Lamb of God, who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

**People: Lord, I am not worthy that you should enter under my roof,
but only say the word and my soul shall be healed.**

Priest: The Body of Christ.

Communicant: Amen.

Priest: The Blood of Christ.

Communicant: Amen.

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PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

Priest: The Lord be with you.

People: And with your spirit.

Priest: May almighty God bless you, the Father, and the Son, + and the Holy Spirit.

People: Amen.

Deacon (or Priest): Go in peace to love and serve the Lord.

People: Thanks be to God.

