

# CATHOLIC PRAYERS AND PRACTICES



St. Paul the Apostle: "The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your request known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus (Phil 4:4-7)

*Help your children develop an affective relationship with God through prayer. By doing so you will be giving them a gift that lasts a life time.* With this in mind, we believe that it is important for the children in our program to learn in memory certain Catholic Scriptures, prayers and teachings applicable to their age level and abilities. Traditional prayers will be introduced during class sessions. You can help your children learn their prayers by including them in your family's daily prayer.

### PRAYER LIST

- PRE/K:                    Sign of the Cross  
                              Our Father  
                              Meal prayers  
                              Morning and night prayers  
                              Angel of God
- FIRST:                    All of the above plus:  
                              Hail Mary  
                              Glory Be
- SECOND:                 All of the above plus:  
                              Act of Contrition
- THIRD:                   All of the above plus:  
                              Apostles Creed
- FOURTH:                All of the above plus:  
                              Rosary  
                              Prayers of the Mass;  
                              Holy, Holy, Holy;  
                              Lamb of God  
                              Gloria
- FIFTH through  
NINTH:                   Youth should know all of the above prayers above plus:  
                              Ten Commandments  
                              Mysteries of the Rosary  
                              Beatitudes  
                              Hail, Holy Queen  
                              Nicene Creed  
                              Prayer to the Holy Spirit  
                              Way of the Cross

### SIGN OF THE CROSS (Right hand)

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 commits me here.  
Ever this day be at my side to light  
and guard, to rule and guide.  
Amen.

### BLESSING BEFORE MEALS

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

### BLESSING AFTER MEALS

We give you thanks, almighty God,  
for these and all  
Your gifts which we have received  
through Christ, our Lord. 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. For the  
kingdom, the power, and the glory  
are yours now and forever. Amen.

### HAIL MARY

Hail Mary, full of grace, the Lord is  
with thee.  
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

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, world without  
end. Amen.

### 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.

### ACT OF CONTRITION

O my God, I am sorry for my sins. In choosing to sin, 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.

### LAMB OF GOD

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.

### 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,

*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.

### 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.

### 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 power of 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 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.

## TEN COMMANDMENTS

1. I, the Lord, am your God, who brought you out of Egypt. You shall not have other gods beside 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 mother and your father.
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 house, or anything else that belongs to him.

## 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 you revealed them, who can neither deceive nor be deceived.

## 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.

## ACT OF HOPE

O my God, relying on your infinite goodness 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.

## 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. Lord, by the light of the Holy Spirit, you have taught the hearts of your faithful. In the same Spirit, help me to know what is right and always rejoice in your comfort. I ask this through Christ, the Lord. Amen.

## MYSTERIES OF THE ROSARY

### The Five 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 Five 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 and Death of Jesus

### The Five Glorious Mysteries

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 as Queen of Heaven

The Five Luminous Mysteries

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

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To thee 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.

THE BEATITUDES

Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
 Blessed are those who mourn, for they shall be comforted.  
 Blessed are the meek, for they shall inherit the earth.  
 Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.  
 Blessed are the merciful, for they shall obtain mercy.  
 Blessed are the pure in heart, for they, shall see God.  
 Blessed are the peacemakers, they shall be called sons of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

THE SEVEN SACRAMENTS

Baptism, Eucharist, Confirmation, Reconciliation (Penance) Anointing of the Sick, Matrimony, Holy Orders

GIFTS OF THE HOLY SPIRIT

Wisdom, Understanding, Knowledge, Counsel, Fortitude (courage), Piety (reverence), Fear of the Lord (wonder and awe)

FRUITS OF THE HOLY SPIRIT

Charity, Joy, Peace, Patience, Kindness, Goodness, Gentleness, Generosity, Faithfulness, Modesty, Self Control, Chastity

CORPORAL WORKS OF MERCY

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

SPIRITUAL WORKS OF MERCY

Warn the sinner  
 Instruct the ignorant  
 Counsel the doubtful  
 Comfort the sorrowing  
 Bear wrongs patiently  
 Forgive all injuries  
 Pray for the living and the dead

### CARDINAL VIRTUES

Prudence, Justice, Fortitude, and Temperance.

Human virtues that will guide our conduct in accordance with reason and faith.

### THEOLOGICAL VIRTUES

Faith, Hope, and Charity.

God given gifts making the faithful capable of acting as his children.

### WAY OF THE CROSS

1. Jesus is condemned to death on the cross.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus fall 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 and laid in his mother's arms.
14. Jesus is placed in the tomb.
15. Jesus rises from the dead.

### FIVE PRECEPTS OF THE CHURCH (Duties of a Catholic Christian)

To keep holy the day of the Lord's resurrection (Sunday). To worship God by participating in Mass on Sundays and on holy days of obligation. Avoiding unnecessary physical work or activities that would hinder worship, relaxation or joy.

To receive the Sacrament of Reconciliation at least once a year.

To receive the Sacrament of Eucharist at least during the Easter Season.

To observe the days of fasting and abstinence established by the Church.

To help provide for the needs of the Church. Each according to his own ability.