

Prayer is an important part of our Catholic Faith. Each grade has prayers to learn.

**Kindergarten & 1<sup>st</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be

**2<sup>nd</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition

**3<sup>rd</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment

**4<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors

**5<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation

**6<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation  
Stations of the Cross  
Precepts of the Church

**7<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation  
Stations of the Cross  
Precepts of the Church  
How to Pray the Rosary  
Fatima Prayer  
Hail, Holy Queen

**8<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation  
Stations of the Cross  
Precepts of the Church  
How to Pray the Rosary  
Fatima Prayer  
Hail, Holy Queen  
The Joyful Mysteries of the Rosary  
The Sorrowful Mysteries of the Rosary  
The Luminous Mysteries of the Rosary  
The Glorious Mysteries of the Rosary

**9<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation  
Stations of the Cross  
Precepts of the Church  
How to Pray the Rosary  
Fatima Prayer  
Hail, Holy Queen  
The Joyful Mysteries of the Rosary  
The Sorrowful Mysteries of the Rosary  
The Luminous Mysteries of the Rosary  
The Glorious Mysteries of the Rosary  
The 7 Capital Sins  
Fruits of the Holy Spirit

**10<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation  
Stations of the Cross  
Precepts of the Church  
How to Pray the Rosary  
Fatima Prayer  
Hail, Holy Queen  
The Joyful Mysteries of the Rosary  
The Sorrowful Mysteries of the Rosary  
The Luminous Mysteries of the Rosary  
The Glorious Mysteries of the Rosary  
The 7 Capital Sins  
Fruits of the Holy Spirit  
The Nicene Creed

**11<sup>th</sup> Grade**

Sign of the Cross  
Guardian Angel Prayer  
Prayer Before Meals  
Glory Be  
Hail Mary  
Our Father  
Act of Contrition  
Apostles' Creed  
Ten Commandments  
The Great Commandment  
The New Commandment  
Seven Sacraments  
The Beatitudes  
Seasons of the Church & Colors  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Holy Days of Obligation  
Stations of the Cross  
Precepts of the Church  
How to Pray the Rosary  
Fatima Prayer  
Hail, Holy Queen  
The Joyful Mysteries of the Rosary  
The Sorrowful Mysteries of the Rosary  
The Luminous Mysteries of the Rosary  
The Glorious Mysteries of the Rosary  
The 7 Capital Sins  
Fruits of the Holy Spirit  
The Nicene Creed  
Gifts of the Holy Spirit

# Traditional Catholic Prayers and Practices

## Sign of the Cross

In the name of the Father,  
And of the Son,  
And of the Holy Spirit.  
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, to guard, to rule and guide.  
Amen

## Prayer Before Meals

Bless us, O Lord,  
and these your gifts  
which we are about to receive  
from thy bounty,  
through Christ our Lord.  
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 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 thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

## The 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.

## 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 occasion of sin.  
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.

## Ten Commandments (Exodus 20:2-17 or Deuteronomy 5:6-21)

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 covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### **The Great Commandment**

“You shall love the Lord your God  
with all your heart,  
with all your soul,  
and with all your mind.  
You shall love your neighbor as yourself.”  
(Matthew 22:37, 39)

### **The New Commandment**

“This is my commandment:  
Love one another as I love you.”  
(John 15:21)

### **The Seven Sacraments**

Sacraments of Initiation

Baptism, Confirmation, Eucharist

Sacraments of Healing

Reconciliation, Anointing of the Sick

Sacraments of Service of Communion

Holy Orders, Matrimony

### **The Beatitudes (Matthew 5:3-10)**

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 earth.  
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.

### **Seasons of Church and Colors**

Advent	Purple (Blue)
Christmas	White
Ordinary Time	Green
Lent	Purple
Easter	White
Ordinary Time	Green

### **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.

### **Six Holy Days of Obligation**

Dec 8—Immaculate Conception  
Dec 25—Christmas  
Jan 1—Solemnity of Mary Mother  
40 days after Easter—Ascension Thursday  
Aug 15—Assumption  
Nov 1—All Saints Day

### **Stations of the Cross**

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls the third time.
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is buried in the tomb.
15. Jesus is raised from the dead.

### **Precepts of the Church**

1. Participate in Mass on Sunday and Holy days.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during Easter season.
4. Keep holy Sunday and the holy days of obligation.
5. Observe the prescribed days of fasting and abstinence.
6. Provide for the material needs of the Church, according to one's abilities.

### **Fatima Prayer**

O my Jesus, forgive us our sins,  
save us from the fires of hell,  
lead all souls to heaven,  
especially those who have most need of your mercy.

### **How to Pray the Rosary**

1. Pray the Sign of the Cross and the Apostles' Creed.
2. Pray the Lord's Prayer.
3. Pray three Hail Marys.
4. Pray the Glory Be.
5. Pray the Fatima Prayer
6. Say the first mystery; then pray the Lord's Prayer.
7. Pray ten Hail Marys while meditating on the mystery.
8. Pray the Glory Be.
9. Pray the Fatima Prayer
10. Say the second mystery; then pray the Lord's Prayer.  
(Repeat 7, 8 and 9 and continue with the third, fourth, and fifth mysteries of the day in the same manner.)
11. Pray the Hail, Holy Queen.

### **Hail, Holy Queen**

Hail, Holy Queen, Mother of mercy,  
hail, our life, our sweetness, and our hope.  
To you we cry, the children of Eve;  
to you we send up our sighs,  
mourning and weeping in this land of exile.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
lead us home at last  
and show us the blessed fruit of your womb, Jesus:  
O clement, O loving, O sweet Virgin Mary.

### **The Joyful Mysteries of the Rosary**

1. The Annunciation of the Angel Gabriel
2. The Visitation of Elizabeth
3. The Birth of Our Lord Jesus
4. The Presentation of Jesus in the Temple
5. Finding Jesus in the Temple

### **The Sorrowful Mysteries of the Rosary**

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

### **The Luminous Mysteries of the Rosary**

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

### **The Glorious Mysteries of the Rosary**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the apostles
4. The Assumption of the Blessed Virgin Mary
5. The Crowning of Mary as Queen of Heaven and Earth

### **The 7 Capital Sins**

Sloth	Envy	Gluttony
Lust	Greed	Anger
Pride		

### **Fruits of the Holy Spirit**

Love	Generosity	Joy
Gentleness	Peace	Faithfulness
Patience	Modesty	Kindness
Self—Control	Goodness	Chastity

### **The 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,  
*(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.

### **Gifts of the Holy Spirit**

Wisdom	Understanding	Counsel
Courage	Knowledge	Reverence
Fear of the Lord		