

# Prayers



**STUDENT NAME:**

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**Prince of Peace Catholic Church**  
(Pre School through Confirmation II)

Student, Parents & Catechist ~

Notation after each prayer in ( ) is the grade in which that prayer should be mastered. After mastering in the indicated grade level, the prayers will be used every year consecutively until all prayers are memorized before the student is Confirmed.

## **SIGN OF THE CROSS**

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

(Said while tracing a cross with your right hand from the forehead to the chest and from the left shoulder to the right shoulder.)

(Pre School)

## **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.

(Pre School)

## 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.

(Kindergarten)

## 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.



(Kindergarten)

**PRAYER OF PRAISE**  
**(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.

(1<sup>st</sup> grade)

## 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.

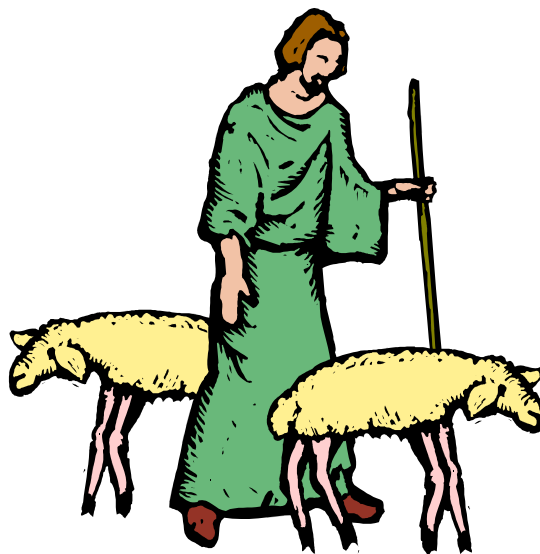
Our Savior Jesus Christ suffered and died for us.

In his name,

my God,

have mercy.

(2<sup>nd</sup> grade)



# THE TEN COMMANDMENTS

I am the Lord your God. You shall not have strange gods before me.

You shall not take the name of the Lord your God in vain.

Remember to keep holy the Lord's Day.

Honor you father and your mother.

You shall not kill.

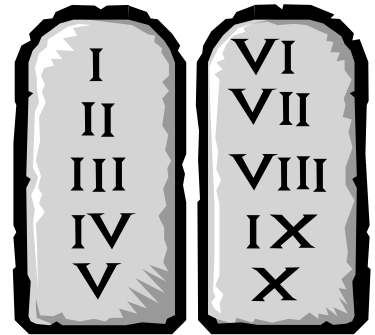
You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.



(2<sup>nd</sup> grade)

## APOSTLES' CREED

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including  
“the Virgin Mary”, all bow

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.

(3<sup>rd</sup> grade)



## **THE ANGELUS**

**V-** The Angel of the Lord spoke to Mary;

**R-** And She conceived by the Holy Spirit.

Hail Mary....

**V-** I am the maidservant of the Lord;

**R-** Let it be done to me as you say.

Hail Mary....

**V-** The Word became flesh,

**R-** And made his dwelling among us.

Hail Mary....

**V-** Pray for us, holy Mother of God;

**R-** Make us worthy of the promises of Christ.

Let us pray- Pour out your grace into our  
Hearts, O Lord! By the voice of an Angel  
We learned of the Incarnation of Christ,  
Your Son; lead us, by His Passion and His  
Cross, to the glory of the Resurrection.  
Through the same Christ our Lord. Amen.

With Ecclesiastical Approval

(3<sup>rd</sup> grade)

## **PRAYER OF SAINT FRANCIS OF ASSISI FOR PEACE**

Lord,  
make me an instrument of your peace!  
Where there is hatred,  
let me sow love;  
where there is injury,  
let me sow pardon;  
where there is doubt,  
faith;  
where there is despair,  
hope;  
where there is darkness,  
light;  
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.  
Amen.

(3<sup>rd</sup> grade)

# THE ROSARY

The complete rosary is composed of twenty decades, divided into four distinct parts, each containing five decades inviting us to meditate on the lives of Jesus and Mary. We begin by making the Sign of the Cross, followed by the Apostles' Creed, an Our Father, three Hail Mary's, and one Glory Be to the Father (Prayer of Praise) on the small chain. Then, recall the first mystery, say one Our Father, ten Hail Mary's, and one Glory Be to the Father. This completes one decade. All the other decades are said in the same manner with a different mystery meditated upon during each decade. At the end of the rosary, the prayer Hail, Holy Queen may be recited. By meditating on these sublime truths, we come to a better understanding of our faith: the Incarnation of the Lord, key events from the public life of Jesus, the Redemption, and the Christian life – present and future. (3<sup>rd</sup> grade)

(Mastery of the Mysteries are by grade level indicated.)

## **The Joyful Mysteries:**

The Annunciation  
The Visitation  
The Nativity  
The Presentation  
The Finding in the Temple

(5<sup>th</sup> grade)

## **The Luminous Mysteries:**

Jesus' Baptism  
The Wedding at Cana  
Proclamation of the Kingdom  
The Transfiguration  
Institution of the Eucharist

(5<sup>th</sup> grade)

## **The Sorrowful Mysteries:**

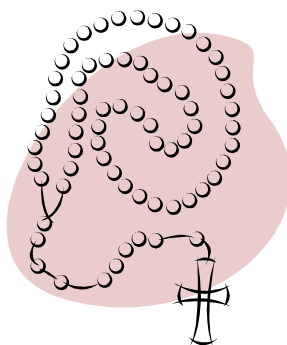
The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion

(6<sup>th</sup> grade)

## **The Glorious Mysteries:**

The Resurrection  
The Ascension  
The Descent of the Holy Spirit (Pentecost)  
The Assumption  
The Coronation of the Blessed Mother

(6<sup>th</sup> grade)



## 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 resurrections of the dead,  
and the life of the world to come.

Amen.

(4<sup>th</sup> grade)

## THE SEVEN SACRAMENTS

Baptism

Confirmation

Eucharist



Penance (Reconciliation)

Anointing of the Sick

Holy Orders

Matrimony



(4<sup>th</sup> grade)

## BEATITUDES (Mt 5:3-10)

Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

Blessed are those who mourn,  
for they will be comforted.

Blessed are the meek,  
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,  
for they will be filled.

Blessed are the merciful,  
for they will receive mercy.

Blessed are the pure in 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 righteousness' sake,  
for theirs is the kingdom of heaven.

(4<sup>th</sup> grade)

## **SPIRITUAL WORKS OF MERCY**

To admonish the sinner  
To instruct the ignorant  
To counsel the doubtful  
To comfort the sorrowful  
To bear wrongs patiently  
To forgive all injuries  
To pray for the living and the dead

(4<sup>th</sup> grade)



## **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.

Amen.

(5<sup>th</sup> grade)

## STATIONS OF THE CROSS

Jesus is condemned to death on the cross.

Jesus accepts his cross.

Jesus falls the first time.

Jesus meets his sorrowful mother.

Simon of Cyrene helps Jesus carry his cross.

Veronica wipes the face of Jesus.

Jesus falls the second time.

Jesus meets and speaks to the women of Jerusalem.

Jesus falls the third time.

Jesus is stripped of his garments.

Jesus is nailed to the cross.

Jesus dies on the cross.

Jesus is taken down from the cross.

Jesus is placed in the tomb.



(5<sup>th</sup> grade)

## **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. Amen.

(6<sup>th</sup> grade)

## **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. Amen.

(6<sup>th</sup> grade)

## **CORPORAL WORKS OF MERCY**

To feed the hungry  
To give drink to the thirsty  
To clothe the naked  
To visit the imprisoned  
To shelter the homeless  
To visit the sick  
To bury the dead

(6<sup>th</sup> grade)



## Hail, Holy Queen

Hail, holy queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O 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.

Response: That we may be made worthy of the promises of Christ.

Let us pray:

O God, whose only begotten Son, by his life, death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

(7<sup>th</sup> grade/ Confirmation I)

## **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 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.

(7<sup>th</sup> grade/ Confirmation I)

## **THE FRUITS OF THE HOLY SPIRIT**

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

(8<sup>th</sup> grade/ Confirmation II)



## **THE GIFTS OF THE HOLY SPIRIT**

Wisdom  
Understanding  
Counsel  
Fortitude  
Knowledge  
Reverence  
Wonder and Awe in the Lord's Presence

(8<sup>th</sup> grade/ Confirmation II)