

Prayers and Church
Teachings to Share
with our Children

Dear Parents,

We are so excited to partner with you in raising your children in our Catholic faith.

The Catholic Church, by Canon Law, recognizes you to be the primary teachers of the faith.

Canon 793 §1 Parents and those who take their place are bound by the obligation and possess the right of educating their offspring.

Canon 226 §2 Since they have given life to their children, parents have a most grave obligation and possess the right to educate them. Therefore, it is for Christian parents particularly to take care of the Christian education of their children according to the doctrine handed on by the Church.

This booklet is provided for you to aid in this task. The prayers are listed by grade level. Each child should know the prayers and Catholic teachings for their grade level and all grade levels prior to that. Please work with your children at home on these prayers, as our RE class times are limited.

If you have any questions or concerns, please contact one of us.

God bless!

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Prayers and Teachings of the Catholic Church

Catechesis is the act of handing on the Word of God intended to inform the faith community and candidates for initiation into the Church about the teachings of Christ, transmitted by the Apostles to the Church. It also involves the lifelong effort of forming people into witnesses to Christ and opening their hearts to the spiritual transformation given by the Holy Spirit.

Please help us teach your children these age appropriate prayers and Church teachings. They begin with Kindergarten and build each year. Your child should learn the prayers of their grade level and know all of the previous prayers and teachings.

KINDERGARTEN catechesis includes:

- The Creation Story
- Discovery of Self

Sign of the Cross - In the name of the Father (*touch head*) and of the Son (*touch chest*) and of the Holy (*touch left shoulder*) Spirit (*touch right shoulder*). Amen.

Prayer to One's Guardian Angel - 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.

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.

Introduce the 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.

Introduce the Glory Be (Doxology) - 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.

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.

Spontaneous Prayer - Pray when you hear an ambulance/police/fire siren. Pray for safe travels when you leave the house. Special intentions of family members/friends/neighbors who are ill or in need of prayer. Add your own.

FIRST GRADE Catechesis includes:

- God the Father
- God's Creation
- Introduction to Father, Son and Holy Spirit

Grace After Meals - We give Thee thanks, for all Thy benefits, Almighty God, who live and reign forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Know the Hail Mary and Glory Be (Doxology).

SECOND GRADE catechesis includes:

- Relationship with Jesus
- Preparation for Reconciliation
- Preparation for First Communion

Act of Contrition (Traditional Version) - O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

Act of Contrition (or Prayer of the Penitent) - 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. Amen.

Morning Offering - O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Prayer to St. Michael the Archangel - St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray. And do thou, O Prince of the Heavenly Host, by the Power of God, thrust into hell Satan and all evil spirits who wander the earth seeking the ruin of souls. Amen.

The Order of the Mass/Mass Responses:

The Sign of the Cross

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

People: Amen.

Greeting

Priest: The Lord be with you.

People: And with your spirit.

Penitential Act (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.

Or:

Penitential Act

Priest: Have mercy on us, O Lord.

People: For we have sinned against You.

Priest: Show us, O Lord, Your mercy.

People: And grant us Your salvation.

Or:

Priest: You were sent to heal the contrite of heart: Lord have mercy.

People: Lord have mercy.

Priest: You came to call sinners: Christ have mercy.

People: Christ have mercy.

Priest: You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

People: Lord have mercy.

Priest: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

People: Amen.

These invocations follow, unless they have just occurred in a formula of the Penitential Act:

V. Lord, have mercy.

R. Lord, have mercy.

V. Christ, have mercy.

R. Christ, have mercy.

V. Lord, have mercy.

R. Lord, have mercy.

Or:

V. Kyrie, eleison.

R. Kyrie, eleison.

V. Christe, eleison.

R. Christe, eleison.

V. Kyrie, eleison.

R. Kyrie, eleison.

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.

Collect Prayer

Liturgy of the Word

Readings and Responsorial Psalm

At the end of the readings:

Lector: The word of the Lord.

People: Thanks be to God.

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.

After the Gospel Proclamation:

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

People: Praise to You, Lord Jesus Christ.

Homily

Profession of Faith (The 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, and by the Holy Spirit was incarnate of the Virgin Mary,
and become 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.

Prayer of the Faithful

Liturgy of the Eucharist

Preparation of the Gifts

Invitation to Prayer

Priest: Pray, brethren (brothers and sisters),
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.

Eucharistic Prayer

Preface Dialogue

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.

Sanctus (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: A - We proclaim Your Death, O Lord,
And profess Your Resurrection
Until You come again.

B - When we eat this Bread and drink this Cup,
we proclaim Your death, O Lord,
until You come again.

C - Save us, Savior of the world,
for by Your Cross and Resurrection,
You have set us free.

Communion Rite

Priest: At the Savior's command and formed by divine teaching, we dare to say:

All: 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.

Priest: Deliver us, Lord, we pray...

People: For the kingdom,
the power and the glory are Yours
now and forever.

Sign of Peace

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

People: And with your spirit.

Agnus Dei (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,
have mercy on us.

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

Invitation to Communion

Priest: Behold the Lamb of God,
 behold Him 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.

Reception of Communion

V. The Body of Christ.

R. Amen.

V. The Blood of Christ.

R. Amen.

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 (make the sign of the cross).

People: Amen.

Deacon (or Priest): Go forth, the Mass is ended.

Or: Go and announce the Gospel of the Lord.

Or: Go in peace, glorifying the Lord by your life.

Or: Go in peace.

People: Thanks be to God.

THIRD GRADE catechesis includes:

- Jesus and His Relationship to Community

How to Pray the Rosary

1. Make the Sign of the Cross. Holding the crucifix, say the Apostles' Creed.
2. On the first bead, say an Our Father.
3. Say one Hail Mary on each of the next three beads. Say the Glory Be.
4. Announce the Mystery, then say the Our Father.
5. While fingering the next ten beads (a decade), say ten Hail Marys and meditate on the Mystery. After finishing each decade, say the Glory Be. Some say the following prayer requested by the Blessed Virgin Mary at Fatima: "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." Continue for the remaining decades.

6. Prayer Concluding the Rosary: After saying the five decades, holding the medal, say the Hail, Holy Queen, followed by this dialogue and prayer:
- V. Pray for us, O holy Mother of God.
- R. That we may be made worthy of the promises of Christ.
- V. Let us pray.
- R. O God, Whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating on 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.

Mysteries of the Rosary:

The Joyful Mysteries (recited Monday and Saturday)

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

The Mysteries of Light (recited on Thursday)

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

The Sorrowful Mysteries (recited on Tuesday and Friday)

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 Glorious Mysteries (recited on Wednesday and Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary Queen of Heaven and Earth

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 thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Prayer at Stations of the Cross - We adore You, O Christ, and we praise You, because by Your holy Cross You have redeemed the world.

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 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.

FOURTH GRADE catechesis includes:

- Ten Commandments
- Beatitudes
- Christian Conscience

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 have revealed them Who are eternal truth and wisdom, Who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope - O Lord God, I hope by Your grace for the pardon of all my sins and after life here to gain eternal happiness because You have promised it Who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love - O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

The Ten Commandments

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 your mother.
5. You shall not kill.
6. You shall not steal.
7. You shall not bear false witness against your neighbor.
8. You shall not covet your neighbor's wife.
9. You shall not covet your neighbor's goods.

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.

Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of Me. Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.

The Three Theological Virtues

1. Faith
2. Hope
3. Love

The Four Cardinal Virtues

1. Prudence
2. Justice
3. Fortitude
4. Temperance

FIFTH GRADE catechesis includes:

- Church
- Seven Sacraments

Prayer for Peace - 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. 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. (St. Francis of Assisi)

Seven Sacraments of the Church

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Penance
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

SIXTH GRADE catechesis includes:

- Salvation History
- The Bible
- The Holy Spirit

Prayer to the Holy Spirit

V. Come, Holy Spirit, fill the hearts of Your faithful.

R. And kindle in them the fire of Your love.

V. Send forth Your Spirit and they shall be created.

R. And You shall renew the face of the earth.

Let us pray: O God, by the light of the Holy Spirit You have taught the hearts of Your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in Your consolation. We ask this through Christ, Our Lord. Amen.

The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

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.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Thy word.

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.
V. And the Word was made flesh.

R. And dwelt among us.

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.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the Incarnation of Christ, Thy 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.

SEVENTH GRADE

The Seven Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

The Seven Corporal Works of Mercy

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

The Seven Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

EIGHTH GRADE

Memorare - Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Holy Days of Obligation

Mary, Mother of GodJanuary 1
Ascension(*forty days after Easter or the following Sunday*)
Assumption of Mary August 15
All Saints DayNovember 1
Immaculate Conception of MaryDecember 8
Nativity of Our Lord (Christmas)December 25

The Five Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the church.
5. You shall help to provide for the needs of the Church.

HIGH SCHOOL

The Twelve Fruits of the Holy Spirit

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|-------------|---------------|------------------|
| 1. Charity | 5. Kindness | 9. Faithfulness |
| 2. Joy | 6. Goodness | 10. Modesty |
| 3. Peace | 7. Generosity | 11. Self-Control |
| 4. Patience | 8. Gentleness | 12. Chastity |

The Seven Capital Sins

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|-----------------|-------------|
| 1. Pride | 5. Gluttony |
| 2. Covetousness | 6. Envy |
| 3. Lust | 7. Sloth |
| 4. Anger | |

The Four Last Things

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|-------------|-----------|
| 1. Death | 3. Hell |
| 2. Judgment | 4. Heaven |