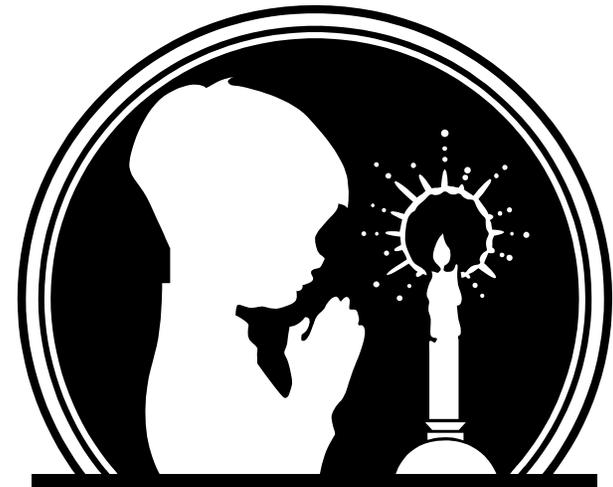


# *Prayers*

*for children and families*



*Our Lady of Guadalupe*  
*Family Faith Formation*

Faith Formation Curriculum for Pre-School - Grade 8

Prayers to Learn & Maintain

Prayer	P/S	K	1	2	3	4	5	6	7	8
Sign of the Cross	x	o	o	o	o	o	o	o	o	o
Grace Before Meals		x	o	o	o	o	o	o	o	o
Grace After Meals		x	o	o	o	o	o	o	o	o
Guardian Angel Prayer		x	o	o	o	o	o	o	o	o
Our Father			x	o	o	o	o	o	o	o
Hail Mary			x	o	o	o	o	o	o	o
Glory Be			x	o	o	o	o	o	o	o
Prayers at Stations of the Cross			x	o	o	o	o	o	o	o
Morning Offering				x	o	o	o	o	o	o
Act of Spiritual Communion				x	o	o	o	o	o	o
Act of Contrition				x	o	o	o	o	o	o
Jesus Prayer					x	o	o	o	o	o
Apostles' Creed					x	o	o	o	o	o
Memorare					x	o	o	o	o	o
Nicene Creed						x	o	o	o	o
Prayer for Peace						x	o	o	o	o
Joyful Mysteries							x	o	o	o
Prayer for Faithful Departed							x	o	o	o
Queen of Heaven							x	o	o	o
Luminous Mysteries								x	o	o
Anima Christi								x	o	o
Sorrowful Mysteries									x	o
Hail, Holy Queen									x	o
Angelus									x	o
Prayer to Holy Spirit									x	o
Glorious Mysteries										x
Divine Praises										x
Act of Faith										x
Act of Hope										x
Act of Love										x

“x” indicates grade level prayer is introduced

“o” indicates grade level prayer is to be maintained

Dear Families,

Please use this Prayer Booklet to enrich your family prayer life. May it help you as a family to deepen your relationship with Jesus Christ, our Way, our Truth, our Life. He alone can fulfill the deepest longings of our hearts. His unconditional love for us gives us the greatest joy, contentment and security.

“Our hearts were made for you, O God, and they will be restless until they rest in you.”

-St. Augustine

In this booklet, you will find the Archdiocesan list of prayers for each child to master by grade level. Please help your child /children to learn these prayers as suggested. The addendum offers you additional guidance in enriching your family’s prayer life.

May your prayer moments with the Lord grace your family with the peace, joy and love of the Holy Trinity!

God bless your family!

Our Lady of Guadalupe  
Family Faith Formation Program

## Sign of the Cross

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

## 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

## Grace after Meals

We give you thanks, for all your benefits, Almighty God, who live and reign for ever and ever. Amen.

## Prayer to your Guardian Angel

Angel of God, my Guardian dear  
To whom God's love entrusts me here.  
Ever this day, be at my side,  
To light and guard, to rule and guide.

## Suggested Format for Family Night Prayers

Create a space for prayer at home. Gather family members before bedtime. **Start with the Sign of the Cross / Our Father / Hail Mary / Glory Be. Readings from Scripture** may be read by parent / guardian or older children:

### Jesus says to us:

- *Peace I leave with you; my peace I give to you. (John. 14: 27)*
- *I have called you friends, because I have told you everything I have heard from my Father. (John. 15:15-16)*
- *If you love me, you will keep my commandments. (John. 14:15)*
- *As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. (Jn. 15:9-10)*

(Parent / Guardian leads/encourages responses from family. No pressure and not everyone has to say something.)

**Thanksgiving: Let us thank Jesus for all his blessings, especially for loving us. For what else shall we thank God today? (After each prayer, all respond: Lord, we thank you.)**

**Intercessions: Let us ask for God's blessings on people and happenings that concern us. For whom or for what do we want to pray? (After each prayer, all respond: Lord, we ask for your blessings.)**

**Sorrow for not following Jesus: As we prepare to for sleep, let us ask God for his peace and forgiveness. For what words or actions or omissions today should we say "Sorry" to God?**

**Parent or Guardian blesses each child with a Sign of the Cross on the forehead and a "Good night" hug or kiss.**

### Other ideas:

- Pray a Psalm.
- Research family patron saints. Make a litany of saints at Night Prayer with "Pray for us" after each name.

\* Be creative. The object is to create opportunities for a deeper relationship with Jesus Christ.

## St. Thérèse of the Child Jesus, the Little Flower

God our Father,  
you have promised your kingdom  
to those who are willing to become like little children.  
Help us to follow the way of the 'Little Flower'  
with confidence and love  
so that by her prayers  
we may come to know your eternal glory.  
Through Christ our Lord. Amen.

## A Prayer to St. Anthony of Padua

Saint Anthony is often shown holding the child Jesus.

Holy Saint Anthony,  
gentlest of saints,  
the answer to my prayer may require a miracle,  
even so, you are the saint of miracles.  
O gentle and loving Saint Anthony,  
whose heart was full of sympathy,  
whisper my petition  
into the ears of the sweet infant Jesus,  
who loved to be folded in your arms.

## The Lord's Prayer

Our Father, who art in heaven,  
hallowed by 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.

## 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.

## The Stations of the Cross

*At the beginning of each station:*

We adore you, O Christ, and we praise you,  
Because by your holy cross  
you have redeemed the world.

### Traditional Stations of the Cross

1. Jesus is condemned to death
2. Jesus carries the cross
3. Jesus falls the first time
4. Jesus meets his mother
5. Simon of Cyrene helps Jesus carry the 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

### Scriptural Stations of the Cross

1. Jesus is in agony in the Garden of Olives
2. Jesus is betrayed by Judas and arrested
3. Jesus is condemned by the Sanhedrin
4. Peter denies Jesus
5. Jesus is judged by Pilate
6. Jesus is scourged and crowned with thorns
7. Jesus carries the cross
8. Simon of Cyrene helps Jesus to carry the cross
9. Jesus meets the women of Jerusalem
10. Jesus is crucified
11. Jesus promises the kingdom to the good thief
12. Jesus on the cross, his Mother and his Disciple
13. Jesus dies on the cross
14. Jesus is laid in the tomb
15. Jesus is raised from the dead

## Saint Joseph

*A Prayer of Blessed Pope John XXIII*

O glorious St. Joseph,  
remind all who work  
that they are not alone  
in their labor, their joy, or their sufferings,  
because Jesus is by their side,  
with Mary, his mother and ours.

## The Child Jesus

*A Prayer of St. Thérèse of the Child Jesus*

Holy Child Jesus,  
you know my name.  
With your little child's hand,  
with your little child's voice,  
you calm the roaring waves and wind  
that surround me.  
How I love your smile!  
With my sweetest song  
I want to rock you tenderly,  
Holy Child Jesus!

**PRAYER TO OUR LADY OF GUADALUPE  
BY POPE BENEDICT XVI**

**Holy Mary, who under the title of Our Lady of Guadalupe are invoked as Mother by the men and women of Mexico and of Latin America, encouraged by the love that you inspire in us, we once again place our life in your motherly hands.**

**May you, who are present in these Vatican Gardens, hold sway in the hearts of all the mothers of the world and in our own heart. With great hope, we turn to you and trust in you.**

**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.  
Our Lady of Guadalupe,  
Pray for us.**

*is Holiness Benedict XVI*

*Prayer before the image of Our Lady of Guadalupe in the Vatican gardens. May 11, 2005.*

**Morning Offering**

My God, I give you my heart this day:  
all that I do, think or say. Amen.

**Preparing to Receive Holy Communion**

I love you, dear Jesus.  
I believe that you are really present in the Eucharist.  
I look forward to the day  
when I will be able to receive your body and blood  
in the Eucharist.  
Now, I ask you to come into my heart,  
and never let me be separated from you.

**Act of Contrition**

*(Shorter version)*

Father, I am sorry for my sins:  
for what I have done,  
for what I have failed to do.  
I will sincerely try to do better, especially...  
Help me to walk by your light.

*(Longer version)*

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.

## Prayer for the Faithful Departed

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.  
May the souls of all the faithful departed,  
through the mercy of God, rest in peace. Amen.

## 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.

*My Child, I love you always!*



## 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.

*Matthew 5: 3-10*

## Memorare to our Blessed Mother

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 by this confidence, I fly unto 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.

## Queen of Heaven, Rejoice! (Regina Coeli)

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia,  
Has risen as he said, alleluia.  
Rejoice and be glad, O Virgin Mary, alleluia!  
For the Lord has truly risen, alleluia.

## Jesus Prayer

Lord Jesus Christ, Son of the living God,  
have mercy on me, a sinner.

## 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 and for our salvation he came down from heaven,  
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.

## Some words from Scripture to learn by heart

Jesus said: "Let the children come to me; do not prevent them, for  
the kingdom of God belongs to such as these... whoever does not  
accept the kingdom of God like a child will not enter it." Then  
Jesus embraced the children and blessed them, placing his hands  
on them. *Mark 10: 14-16*

"I know well the plans I have in mind for you," says the Lord,  
"plans for your welfare, not for woe, plans to give you a future  
full of hope!" *Jeremiah 29:11*

Jesus said, "I am in your midst as one who serves."  
*Luke 22:27*

Jesus said, "I have called you friends, because I have told you  
everything I have heard from my Father." *John 15:15b*

Jesus said, "I am the living bread that came down from heaven;  
whoever eats this bread will live forever." *John 6:51*

Jesus said, "You must love the Lord your God with all your heart,  
and with all your soul, and with all your mind... You must love  
your neighbor as yourself." *Matthew 22: 37, 39*

Jesus said, "In the world you will have trouble, but take courage,  
I have conquered the world." *John 16:33*

"Be firm and steadfast! Do not fear nor be dismayed, for the Lord,  
your God, is with you wherever you go." *Joshua 1:9*

God resists the proud, but gives grace to the humble. *James 4:6*

Love one another intensely from a pure heart. *1 Peter 1:22*

## A Prayer from the Mass: Gloria in Excelsis

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.

## Prayer of St. Francis

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. Amen.

## Suscipe of St. Ignatius of Loyola

Take, Lord, and receive all my liberty.  
my memory, my understanding and my entire will.  
You have given me all that I am and all that I possess;  
I surrender it all to you  
that you may dispose of it according to your will.  
Give me only your love and your grace,  
with these I am rich enough and ask for nothing more.

## The Mysteries of the Rosary

### The Joyful Mysteries

1. The Annunciation to the Virgin Mary
2. Mary's Visitation to her cousin Elizabeth
3. The Birth of Jesus (The Nativity)
4. The Presentation of Jesus in the Temple
5. The Finding of the Child Jesus in the Temple

### Luminous Mysteries (Mysteries of Light)

1. Jesus is baptized in the Jordan River
2. Jesus changes water into wine at the wedding feast in Cana
3. Jesus proclaims the Kingdom of God
4. Jesus is transfigured
5. Jesus institutes the Eucharist

### The Sorrowful Mysteries

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

### The Glorious Mysteries

1. The Resurrection of Jesus from the dead
2. The Ascension of Jesus into Heaven
3. The Descent of the Holy Spirit on Mary and the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven

## Psalm 150

Praise God in his holy sanctuary;  
Give praise in the mighty dome of heaven.  
Give praise for his mighty deeds,  
Praise him for his great majesty.

Give praise with blasts upon the horn,  
Praise him with harp and lyre.  
Give praise with tambourines and dance,  
Praise him with flutes and strings.

Give praise with crashing cymbals,  
Praise him with sounding cymbals.  
Let everything that has breath  
give praise to the Lord.  
Hallelujah!

## Psalm 51

Have mercy on me, God, in your kindness.  
In your compassion, blot out my offense.  
O wash me more and more from my guilt  
and cleanse me from my sin.

My offenses, truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight, I have done.

Indeed, you love truth in the heart;  
then in the secret of my heart, teach me wisdom.  
O purify me, then I shall be clean;  
O wash me, I shall be whiter than snow.

A pure heart create for me, O God;  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.

O rescue me, God my helper,  
and my tongue shall ring out your goodness.  
O Lord, open my lips,  
and my mouth shall declare your praise.

## Magnificat (Canticle of Mary)

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God, my Savior,  
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his name.

He has mercy on those who fear him in all generations.  
He has shown the strength of his arm,  
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

Glory 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.

## Anima Christi

A good prayer to pray after Holy Communion

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 your wounds, hide me.  
Do not allow me to be separated from you.  
From the malicious enemy defend me.  
In the hour of my death, call me  
and bid me to come to you,  
That with your saints I may praise you  
forever and ever. Amen.

## Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,  
Hail, 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 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.

## Psalm 25

To you, O Lord, I lift up my soul.  
I trust you, let me not be disappointed;  
do not let my enemies triumph.  
Those who hope in you shall not be disappointed,  
but only those who wantonly break faith.

Lord, make me know your ways;  
Lord, teach me your paths.  
Make me walk in your truth and teach me,  
For you are God my savior.

In you I hope all day long,  
because of your goodness, O Lord.  
Remember your mercy, Lord,  
and the love you have shown from of old.  
Do not remember the sins of my youth.  
In your love, remember me.

The Lord is good and upright.  
He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor.

## Psalms: Ancient Prayers of the Church

### Psalm 23

The Lord is my shepherd; there is nothing I lack.  
In green pastures you let me graze;  
to safe waters you lead me;  
you restore my strength.

You guide me along the right path  
for the sake of your name.  
Even when I walk through a dark valley  
I fear no harm for you are at my side;  
Your rod and staff give me courage.

You set a table for me  
as my enemies watch;  
You anoint my head with oil;  
my cup overflows.

Only goodness and love will follow me  
all the days of my life;  
I will dwell in the house of the Lord  
for years to come.

## The Angelus

*When this prayer is said in a group, a leader reads the parts marked "Leader." When praying it alone, read all the parts.*

Leader: The angel of the Lord declared unto Mary,  
ALL: And she conceived by the Holy Spirit.  
*Hail Mary...*

Leader: Behold the handmaid of the Lord.  
ALL: Let it be done to me according to your word.  
*Hail Mary...*

Leader: And the Word was made Flesh.  
ALL: And dwelt among us.  
*Hail Mary...*

Leader: Pray for us, O holy Mother of God.  
ALL: That we may be made worthy  
of the promises of Christ.

Leader: Let us pray.

ALL: 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. We ask this through the same Christ our Lord. Amen.

## Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful,  
And kindle in them the fires of your love.  
Send forth your Spirit and they shall be created,  
And you shall renew the face of the earth.

Let us pray.

O God, by the light of your 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 Divine Praises

Blessed be God.  
Blessed be God's Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most holy Sacrament  
of the altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God,  
Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be Saint Joseph, her most chaste spouse.  
Blessed be God in the angels and in the saints.

## Faith, Hope, and Love

### 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 again 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 can neither deceive nor be deceived. Amen.

### Act of Hope

O my God,  
relying on thy infinite goodness and promises,  
I hope to obtain pardon of my sins,  
the help of thy grace, and life everlasting,  
through the merits of 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 the love of you.  
I forgive all who have injured me,  
and ask pardon of all whom I have injured. Amen.