

# 1<sup>st</sup> Grade Prayers

## **1. Sign of the Cross:**

In the Name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

## **2. Meal Prayers:**

### Before the meal

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

### After the meal

We give Thee thanks for all Thy benefits,  
Almighty God, who lives and reigns forever.  
Amen. (And may the souls of the faithful  
departed, through the mercy of God, rest in peace.  
Amen.)

## **3. Spontaneous Prayer:**

Spontaneous Prayer rises unannounced from our hearts, Often without words, usually in response to something God has done, whether it's a beautiful sunset or a random act of kindness by a complete stranger. 'Whether the prayer is expressed in words or gestures it is the whole man who prays.' CCC 2562

## **4. Our Father (Lord's Prayer):**

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.

## **5. 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.

## **6. 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.

## **7. 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 and guard,  
To rule and guide.  
Amen.

## **8. 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, the reparation for sin,  
the reunion of all Christians, and in particular for  
the intentions of the Holy Father this month.  
Amen.