

## 5<sup>th</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.

### **9. 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.  
Amen.

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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.

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O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, 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 confess my sins, do penance, and amend my life. Amen.

#### **10. How to Pray the Rosary:**

Make the sign of the Cross.  
Holding the Crucifix, say the Apostles' Creed.  
On the first bead, say an Our Father.  
Say three Hail Marys on each of the next three beads.  
Say the Glory Be.  
Go to the main part of the rosary.  
For each of the five Decades, announce the Mystery, then say the Our Father.  
Next, while fingering each of the ten beads of the decade, say ten Hail Mary's while meditating on the Mystery.  
Then say a Gory Be.

(After each decade, 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.")

After saying the five decades,  
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.

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 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**

##### *Joyful Mysteries*

16. The Annunciation
17. The Visitation
18. The Nativity
19. The Presentation in the Temple
20. The Finding of the Child Jesus after  
Three Days in the Temple

##### *Luminous Mysteries*

16. The Baptism at the Jordan
17. The Wedding Feast at Cana
18. The Proclamation of the Kingdom and  
the Call to Conversion
19. The Transfiguration
20. The Institution of the Eucharist

##### *Sorrowful Mysteries*

16. The Agony of Jesus in the garden
17. The Scourging of Jesus at the pillar
18. The Crowning with Thorns
19. The Carrying of the Cross
20. The Crucifixion and Death of Jesus

##### *Glorious Mysteries*

16. The Resurrection of Jesus Christ
17. The Ascension of Jesus to Heaven
18. The Descent of the Holy Ghost
19. The Assumption of the Blessed Virgin  
Mary into Heaven
20. The Coronation of the Blessed Virgin  
Mary, Queen of Heaven and Earth

**11. 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.

**12. 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 our exile show unto us the  
blessed fruit of thy womb Jesus;  
O clement, O loving, O sweet virgin Mary.  
Pray for us, O holy Mother of God  
That we may be made worthy of the  
promises of Christ.

**13. Eternal Rest:**

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

**14. Stations of the Cross:**

The First Station: Jesus Is Condemned To Death  
The Second Station: Jesus Carries His Cross  
The Third Station: Jesus Falls the First Time  
The Fourth Station: Jesus Meets  
His Afflicted Mother  
The Fifth Station: Simon Helps Jesus  
Carry His Cross  
The Sixth Station: Veronica Wipes the  
Face of Jesus  
The Seventh Station: Jesus Falls A Second Time  
The Eighth Station: Jesus Speaks  
to the Holy Women  
The Ninth Station: Jesus Falls the Third Time  
The Tenth Station: Jesus is Stripped  
of His Garments  
The Eleventh Station: Jesus is Nailed to the Cross  
The Twelfth Station: Jesus Dies on the Cross  
The Thirteenth Station: Jesus is Taken  
Down From the Cross  
The Fourteenth Station: Jesus is Laid  
in the Sepulcher

**15. Prayer to Saint 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 hosts, by the power of God, thrust into  
hell Satan, and all the evil spirits, who prowl  
about the world seeking the ruin of souls. Amen.

**16. Prayer to the Holy Spirit:**

Come, 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.

**17. Act of Faith:**

Oh 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.

**18. Act of Love:**

Oh 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.

**19. 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.