

Sign of the Cross

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

(Begin with the right hand on the forehead, move to the heart, and cross to the left shoulder, then the right. Clasp hands together and say "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. (For Thine is the Kingdom, and the power, and the glory, now and forever. Amen).

The 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,
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.

Hail Mary

Hail Mary, full of grace! The Lord is with thee. Blessed art thou amongst 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. (Taken from the Angel's Greeting and from the greeting of her cousin, Elizabeth).

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.

Angel of God

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.

Morning Offering

In the name of our Lord Jesus Christ I will begin this day. I thank you, Lord, for having preserved me during the night. I will do my best to make all I do today pleasing to You and in accordance with Your will. My dear mother Mary, watch over me this day. My Guardian Angel, take care of me. St. Joseph and all you saints of God, pray for me... (followed by Daily Offering)

Daily Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your sacred heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month.

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.

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.

Introduction to the Rosary

**The rosary is a meditation on Jesus' life through the eyes of His Blessed Mother. It begins with the Sign of the Cross, the Apostles' Creed, 1 Our Father, 3 Hail Marys, 1 Glory Be, 1 Fatima Prayer. After this, it is broken into 15 sections of 1 Our Father, 10 Hail Marys, 1 Glory Be, and one Fatima Prayer (see below). Each bead on a rosary stands for one prayer (except the Our Father bead, on which is said the Glory Be, the Fatima Prayer, the Mystery of the next decade, and the Our Father).

Each section, or decade, is preceded by a Mystery- the Glorious, the Sorrowful the Luminous, or the Joyful. The following is a list of the Mysteries.

The Joyful Mysteries

Said on Mondays and Saturdays.

1. The Annunciation (Humility) Luke 1:26-38
The Angel Gabriel appears to Mary, announcing she is to be the Mother of God
2. The Visitation (Charity) Luke 1:39-56
Elizabeth greets Mary: "Blessed art Thou among women and blessed is the fruit of thy womb!"
3. The Nativity (Poverty) Luke 2:1-20
The Virgin Mary gives birth to the Redeemer of the World.
4. The Presentation (Obedience) Luke 2:22-39
The Blessed Mother presents the Child Jesus in the Temple
5. Finding in the Temple (Piety) Luke 2:42-52
The Blessed Mother finds Jesus in the Temple.

The Luminous Mysteries

Said on Thursdays.

1. The Baptism of Christ in the Jordan John 1:29-34
The heavens open wide and the voice of the Father declares Jesus the beloved Son
2. The Wedding Feast at Cana John 2:1-11
The first of the signs, when Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among believers.
3. The Announcement of the Kingdom Matthew 4:17
Jesus proclaims the coming of the Kingdom of God, calls us to conversion and forgives the sins of all who draw near to Him in humble trust.
4. The Transfiguration Matthew 17:1-8
The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to him."
5. The Institution of the Eucharist (food for our salvation) Matthew 26:26-30
Christ offers his body and blood as food under the signs of bread and wine, and testifies "to the end" His love for humanity, for whose salvation He will offer Himself in sacrifice.

The Sorrowful Mysteries

Said on Tuesdays and Fridays.

1. The Agony in the Garden (Contrition) Luke 22:39-44
At Gethsemane, Jesus prays as He contemplates the sins of the world.
2. The Scourging at the Pillar (Purity) Matthew 27:26
Jesus is cruelly scourged until His mortified body could bear no more.
3. Crowning with Thorns (Courage) Matthew 27:28-31
A crown of thorns is placed on the head of Jesus.
4. Carrying of the Cross (Patience) Luke 23:26-32
Jesus carries the heavy cross upon His shoulders to Calvary.
5. The Crucifixion (Self-Denial) Matthew 27:33-50
Jesus is nailed to the cross and dies after hours of agony.

The Glorious Mysteries

Said on Wednesdays and Sundays.

1. The Resurrection (Faith) Matthew 28:1-20
Jesus rises glorious and immortal, three days after His death.

2. The Ascension (Hope) Luke 24:50-51
Jesus ascends into Heaven forty days after His Resurrection.
3. Descent of the Holy Spirit (Love) Acts 2:24
The Holy Spirit descends upon Mary and the Apostles.
4. The Assumption (Eternal Happiness)
The Blessed Mother is united with her Divine Son in Heaven.
5. The Coronation (Devotion to Mary)
Mary is gloriously crowned 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 towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O Sweet Virgin Mary. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those most in need of thy mercy. (said after every Glory Be)

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.

Mass (it is important to know especially those things which are in bold)

The Mass has two main parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**.

On Sundays, there are **4 readings** from sacred scripture. **One is from the Old Testament (usually), one is from the book of Psalms, One is from one of the letters in the New Testament, and one is from one of the Gospels. We begin the Liturgy of the Eucharist with the preparation of the gifts; the Liturgy of the Eucharist includes the consecration of the Eucharist, recitation of the Our Father, the sign of peace, and Eucharistic reception.**

Act of Faith

O my God, I firmly believe in you, Father, Son and Holy Spirit. I believe in Jesus Christ as my Savior and Redeemer, and in the holy Catholic Church and all the truths it teaches. Amen.

Act of Hope

O my God, relying on your great goodness, and on all your promises, I hope to obtain pardon for sins, the help of your grace and life everlasting, through the merits of Jesus, my Lord and Redeemer. Amen.

Act of Love

O my God, I love you above all things, with my whole heart and soul and with all my strength, 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.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help and 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

Peace Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
when 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.

Spontaneous Prayer

Spontaneous prayer simply means speaking to God with our own words. It means talking to God about what happened today, thanking God for our blessings, talking to him about something that makes us sad or worried or happy. We can talk to God, the Father, the Son, and the Holy Spirit, at anytime (not just before bed). You can pray about a test, or when an ambulance passes. We can talk to God, who is our Friend and who is always with us.

Frequent Examination of Conscience

We should think often about ways that we can be a better person. Think about the Ten Commandments: Do I always put God first? Do I pray to God everyday? Do I try to love everyone? Do I try to be nice to those who don't have very many friends? Do I obey my parents when they ask me to do something? Do I respect them when I talk to my friends? Do I show them that I love them? Etc.

Spiritual and Corporal Works of Mercy

Mercy is a virtue influencing one's will to have compassion for, and, if possible, to alleviate another's misfortune, physically and/or spiritually. This is why there are two different ways of speaking of the works of mercy. It is important to be aware of these works as they relate to our world, and to integrate them into our daily actions.

The Corporal Works of Mercy:

1. To feed the hungry;
2. To give drink to the thirsty;
3. To clothe the naked;
4. To harbor the harbourless;
5. To visit the sick;
6. To ransom the captive;
7. To bury the dead.

The Spiritual Works of Mercy:

1. To instruct the ignorant;
2. To counsel the doubtful;
3. To admonish sinners;
4. To bear wrongs patiently;
5. To forgive offences willingly;
6. To comfort the afflicted;
7. To pray for the living and the dead.

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 commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet you neighbor's goods.

Two Great Commandments:

You shall love the Lord your God with your whole heart, and with your whole soul, and with your whole mind, and with your whole strength; you shall love your neighbor as yourself.

Greater understanding of the Sacraments

Sacraments of Initiation: Baptism, Confirmation, Eucharist. Sacraments of Healing: Reconciliation, Anointing of the Sick. Sacraments of Service: Holy Orders, Matrimony.

Students should know the seven Sacraments and why they are considered a Sacrament of Initiation, Healing, or Service. A Sacrament is: an outward sign instituted by Christ to give grace.

Development and growth in the reception of the Sacraments

We should continue to learn and study the Sacraments and as we mature, our appreciation for the gifts that we receive should also grow.

Overview and location of Old and New Testament Books

The Bible is not just one book, but a whole collection! There are 73 books split into two sections. **OLD & NEW TESTAMENTS:** There are 2 main sections in the bible, the Old Testament and the New Testament.. To find something in the bible, look up the book, chapter and verse. For example, **Jn 15:12** means John, chapter 15, verse 12.

The Old Testament is composed of 46 books that provide insight into the lives of the Israelites as they grew in relationship with God. **The New Testament** has 27 books which include the four Gospels of Matthew, Mark, Luke, and John, the Acts of the Apostles, the letters, or epistles, and the book of Revelation.

The Beatitudes

Blessed are the poor in spirit,

For theirs is the kingdom of heaven.

Blessed are the meek,

For they shall possess the earth.

Blessed are they who hunger and thirst,

For they shall be satisfied.

Blessed are the merciful,

For they shall be shown mercy.

Blessed are the clean of heart,

For they shall see God.

Blessed are the peacemakers,

For they shall be called children of God.

Blessed are they who suffer persecution for justice's sake,

For theirs is the kingdom of heaven.

Blessed are you when men reproach you, and persecute you, and speaking falsely all manner of evil against you, for My sake.

The Stations of the Cross

1. Jesus is condemned to death;
2. Jesus is given his cross;
3. Jesus falls for the first time;
4. Jesus meets His mother;
5. Simon of Cyrene is made to bear the cross;
6. Jesus' face is wiped by Veronica;
7. Jesus falls for the second time;
8. Jesus meets the women of Jerusalem;
9. Jesus falls for 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' body is taken down from the cross; and
14. Jesus is laid in the tomb.

Precepts (Laws) of the Catholic Church

- Attend mass on Sundays and Holy Days of Obligation and to rest from labor. Holy Days of Obligation are: Christmas Day: December 25th, Solemnity of Mary, Mother of God—January 1st, Assumption of Mary—August 15th, All Saint's Day—November 1st, Immaculate Conception of Mary—December 8th.
- To fast and abstain on the days appointed—Most specifically Ash Wednesday, and Good Friday. Abstinence, or fasting from meat, is observed on all Fridays of Lent as well.
- To confess our sins at least once a year.
- To receive Holy Communion during the Easter time.
- To contribute to the support of the Church.
- To observe the laws of the Church concerning marriage and family life.

Fruits of the Holy Spirit

The *fruits* of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. The tradition of the Church lists twelve of them: "charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity." *Catechism of the Catholic Church* #1832

Charity Joy Peace Patience Kindness Goodness Generosity

Gentleness Faithfulness Modesty Self-Control Chastity

Gifts of the Holy Spirit

The seven *gifts* of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations. *Catechism of the Catholic Church* #1831

Wisdom Understanding Fortitude Counsel

Knowledge Piety Fear of the Lord

Student name _____

PRAYER CHECKLIST FOR STUDENT PORTFOLIOS

Kindergarten

- G Sign of the Cross
- G Our Father
- G Hail Mary
- G Grace Before Meals

Grade 1

- G Sign of the Cross
- G Our Father
- G Hail Mary
- G Grace Before Meals
- G Glory Be
- G Angel of God

Grade 2

- G Sign of the Cross
- G Our Father
- G Hail Mary
- G Grace Before Meals
- G Glory Be
- G Angel of God
- G Act of Contrition
- G Two Great Commandments

Grade 3

- G Sign of the Cross
- G Our Father
- G Hail Mary
- G Grace Before Meals
- G Morning Offering
- G Glory Be
- G Angel of God
- G Act of Contrition
- G Two Great Commandments
- G The Nicene Creed

Grade 4

- G Sign of the Cross
- G Our Father
- G Hail Mary
- G Grace Before Meals
- G Morning Offering
- G Glory Be
- G Angel of God
- G Act of Contrition
- G Two Great Commandments
- G Ten Commandments
- G The Nicene Creed
- G Rosary*
- G Seven Sacraments
- G Holy Days

Grade 5

- G Sign of the Cross
- G Our Father
- G Hail Mary
- G Grace Before Meals
- G Morning Offering
- G Glory Be
- G Angel of God
- G Act of Contrition
- G Two Great Commandments
- G Ten Commandments
- G The Nicene Creed
- G Rosary
- G Seven Sacraments
- G Beatitudes*
- G Holy Days
- G Memorare
- G Mysteries of the Rosary
- G Precepts of the Church*

* introduced, not mastered

