

OUR CATHOLIC FAITH

- Our textbook series is Faith and Life and will be offering many adventures for all: children, parents, and catechists (teachers).
- Below are some Prayers and Beliefs & Practices that are important for you to know. As you look at these lists you will find things that you know and things that you may never have heard of; but, that is the purpose--to help you know more about the Catholic faith.
- As the children advance in age/grade, they need to keep in their mind the prayers from the years before; for example, children in third grade should still be able to make the sign of the cross and say the Glory Be prayer that they learned in Kindergarten.
- At home, we are asking parents to reinforce what Catechists have done by saying the prayers often with their children.

PRAYERS

- K - Sign of the Cross*
- K - Glory Be*
- 1 - Prayer to My Guardian Angel
- 1 - Hail Mary*, **plus Kdn prayers**
- 2 - Our Father*
- 2 - Act of Contrition*, **plus K & 1 prayers** (see note**)
- 3 - Apostles' Creed*
- 3 - Prayer (Grace) Before Meals, **plus K-2 prayers**
- 4 - Prayer of Fatima
- 4 - Hail, Holy Queen, **plus K-3 prayers**
- 5 - Nicene Creed, **plus K-4 prayers**
- 6 - Morning Offering
- 6 - Divine Praises, **plus K-5 prayers**
- 7 - Memorare
- 7 - Prayer to St. Michael, **plus K-6 prayers**
- 8 - Holy Spirit Prayer, **plus K-7 prayers**

BELIEFS & PRACTICES

- Seven Sacraments
- Ten Commandments
- Beatitudes
- Holy Days of Obligation
- Examination of Conscience
- Stations of the Cross
- Mysteries of the Rosary
- Seven Gifts of the Holy Spirit
- Fruits of the Holy Spirit
- Corporal Works of Mercy
- Spiritual Works of Mercy
- Cardinal Virtues
- Theological Virtues

* These are prayers that should be memorized.

** Use the "modern" version of the Act of Contrition.

PRAYERS

SIGN OF THE CROSS

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

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.

PRAYER TO MY 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.

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.

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.

ACT OF CONTRITION (Modern)

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.

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.

PRAYER (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.

PRAYER OF FATIMA

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls into heaven, especially those in most need of thy mercy. Amen.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of mercy, hail, 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.

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.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary I offer thee 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 thy 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 Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen.

DIVINE PRAISES

Blessed be God.
Blessed be His 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 St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints. Amen.

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.

PRAYER TO ST. MICHAEL

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 the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

HOLY SPIRIT PRAYER

Come Holy Spirit, fill the hearts of Your faithful and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created. And You shall renew the face of the earth. O God, Who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever enjoy His consolations. Through Christ our Lord. Amen.

ACT OF CONTRITION (Traditional)

O my God, I am heartily sorry for having offended thee. 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 confess my sins, to do penance, and to amend my life. Amen.

SPIRITUAL COMMUNION

Jesus,
I believe that You are truly present
in the Most Holy Sacrament of the Eucharist.
Every day I long for more of You.
I love You above all things, and I desire to receive You
into my soul.
Since I cannot receive You sacramentally at this
moment,
I invite You to come and dwell in my heart.
May this spiritual communion increase my desire for
the Eucharist.
You are the healer of my soul.
Take the blindness from my eyes,
the deafness from my ears,
the darkness from my mind,
and the hardness from my heart.
Fill me with the grace, wisdom, and courage to do
Your will in all things.
My Lord and my God, draw me close to You, nearer
than ever before.
Amen.

BELIEFS & PRACTICES

SEVEN SACRAMENTS

Baptism
Confirmation
Eucharist
Reconciliation
Anointing of the Sick
Holy Orders
Matrimony

THE TEN COMMANDMENTS

1. I am the Lord your God; you shall not have other 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 your neighbor's goods.

BEATITUDES

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are they who mourn,
for they shall be comforted.
Blessed are the meek,
for they shall inherit the land.
Blessed are those who hunger and thirst for
righteousness, for they shall be satisfied.
Blessed are the merciful,
for they shall obtain mercy.
Blessed are the pure in heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called sons of God.
Blessed are they who are persecuted
for righteousness' sake
for theirs is the kingdom of heaven.

HOLY DAYS OF OBLIGATION

All Saint's Day—November 1st
Immaculate Conception—December 8th
Nativity of Our Lord Jesus Christ—December 25th
Mary, Mother of God—January 1st
Ascension Thursday—40 days after Easter
Assumption of the Blessed Virgin Mary—August 15th

EXAMINATION OF CONSCIENCE

How have I acted toward God?
Do I think of God and speak to Him by praying to Him each day?
Do I speak of God with reverence?
Do I go to mass on Saturday/Sunday?
Do I do all I can to make Sunday a day of rest and joy for my family?
Do I participate in Mass, or do I tease or distract others by laughing, talking, or playing?
Do I pay attention to my parents, priests, and teachers when they talk to me about God?
How have I acted towards others?
Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
Do I tell my parents or those in authority over me that I am sorry and ask them to forgive me when I have not minded them?
Do I obey the rules of my home and school?
Do I help my brothers, sisters, and classmates when they need my help?
Am I kind to everyone?
Did I hit, kick, or in any way hurt others on purpose?
Am I willing to play with everyone?
Did I make fun or say mean things to anyone?
Do I do all my classwork and my chores at home well?
Do I take care of my health by eating the right food, etc.?
Do I think or do bad things or say bad words?
Do I tell the truth?
Do I say things about other people that are not true?
Did I cheat in class or in a game?
Did I steal or keep things that are not mine?
Am I willing to share my things with others?
Do I return things that I have borrowed?

STATIONS OF THE CROSS

1. Jesus is condemned to death.
2. Jesus carries His Cross.
3. Jesus falls the first time.
4. Jesus meets His Mother.
5. Jesus is helped by Simon of Cyrene.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus speaks to the women.
9. Jesus falls a third time.
10. Jesus is stripped of His clothes.
11. Jesus is nailed to the Cross.
12. Jesus dies on the Cross.
13. Jesus is taken down from the Cross.
14. Jesus is placed in the tomb.

MYSTERIES OF THE ROSARY

The Joyful Mysteries (Monday & Saturday)

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

The Luminous Mysteries (Thursday)

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Our Lord
5. The Institution of the Eucharist

The Sorrowful Mysteries (Tuesday & Friday)

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

The Glorious Mysteries (Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation

SEVEN GIFTS OF THE HOLY SPIRIT

1. Wisdom
2. Understanding
3. Counsel (right judgment)
4. Fortitude (courage)
5. Knowledge
6. Piety
7. Fear of the Lord

FRUITS OF THE HOLY SPIRIT

1. Charity (or love)
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Long-Suffering
8. Mildness
9. Faith
10. Modesty
11. Continence
12. Chastity

CORPORAL WORKS OF MERCY

The Corporal Works of Mercy are kind acts by which we help our neighbors with their material and physical needs:

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

SPIRITUAL WORKS OF MERCY

The Spiritual Works of Mercy are acts of compassion by which we help our neighbors with their emotional and spiritual needs:

1. Instruct the ignorant
2. Counsel the doubtful
3. Admonish the sinner
4. Bear wrongs patiently
5. Forgive all injustices
6. Comfort the sorrowful
7. Pray for the living and the dead

CARDINAL VIRTUES

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

THEOLOGICAL VIRTUES

1. Faith
2. Hope
3. Charity