

Basic Catholic Prayers and Lists 1st through 8th Grades



Saint Francis de Sales Catholic Church

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This Prayer Booklet belongs to:

*St. Francis de Sales
Catholic Church*

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Dear Students,

As the Lord asks us to know, love, and serve Him we are also called to talk to Him. This booklet of prayers offers a way to reach out to Jesus in our daily prayers. Let us join together with Mary, as well as the angels and all the saints. May they help to make us happy, healthy, and holy.

Let us pray for one another,

In Christ,
Rev. James Gould

*Why should your children learn these
prayers, devotions and lists?*

The prayers and lists in this booklet are a small part of the beautiful treasury of traditional prayers and devotions of our Catholic Faith. They help provide us with a glimpse into the foundations of our Faith and a base from which our children can learn how to live holy lives. Hopefully, your children will be well prepared and always want to share and teach others about their love for Jesus and the Church He established.

In religious education classes, we always begin and end with a prayer. The Diocese of Arlington offers guidelines for prayers to be learned throughout a child's primary education. The chart at the end of this booklet provides a breakdown of information by grade level. The organization of these prayers is coordinated as much as possible with other catechesis presented in religious education classes, following the Standards of Learning for the Diocese of Arlington. Students will be asked to show mastery of the prayers (through either oral or written assessments) at each grade level as they move through the religious education program at St. Francis de Sales.

Of course, parents are asked to pray regularly at home with their children, teaching these prayers and devotions. And the catechists and I will be praying alongside you!

Kim Livaudais
Director of Religious Education
St. Francis de Sales Catholic Church

First Grade

Genuflection (method and meaning)

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.*

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.*

First Grade

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.*

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.*

Grace After Meals (optional)

We give Thee thanks for all Thy benefits,
O Almighty God,
who lives and reigns forever. *Amen.*

Second Grade

Previous requirements plus:

The Ten Commandments (in order)

1. I am the Lord your God; you shall not have other gods besides Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep God's day holy.
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 lie.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Act of Contrition

O my God, I am heartily sorry for having offended You.
I detest all my sins because of Your just punishments,
but most of all because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve, with the help of Your grace,
to confess my sins, to do penance,
and to amend my life. *Amen.*

Second Grade

Identify the Words of Absolution

Absolution is the taking away of our sins. The words of absolution that the priest says in the Sacrament of Confession are "I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit. *Amen.*"

Know the steps to a good confession

1. Know your sins (Examination of Conscience)
2. Be sorry for your sins
3. Decide not to sin again
4. Confess your sins to a priest in the Sacrament of Penance
5. Receive absolution and do the penance assigned by the priest

Know the steps to worthily receive the Holy Eucharist

1. Be free from mortal sin; be in a state of grace.
2. You must know Whom you are about to receive (Jesus).
3. You must observe the Eucharistic Fast (no food or drink for one hour before Communion, except water and medicine).

Third Grade

Previous requirements plus:

Seven Sacraments

Baptism • Penance • Holy Eucharist
Confirmation • Marriage
Holy Orders • Anointing of the Sick

Twelve Apostles Chosen by Christ

Peter
Andrew
James the Greater
John
Philip
Bartholomew
Thomas
Matthew
James the Lesser
Jude Thaddeus
Simon
Judas Iscariot

Prayer to St. Michael

Saint 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,
cast into Hell Satan and all the evil spirits,
who prowl about the world seeking the ruin of souls. *Amen.*

Third Grade

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 thence 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.*

Fourth Grade

Previous requirements plus:

Corporal Works of Mercy

The Corporal Works of Mercy are acts of love that help us to care for the physical and material needs of others. They are:

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

Spiritual Works of Mercy

The Spiritual Works of Mercy are acts of love that help us to care for the needs of people's hearts, minds and souls.

They are:

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

Fourth Grade

The Beatitudes (Matthew 5:3-10)

1. Blessed are the poor in spirit,
for theirs is the kingdom of Heaven.
2. Blessed are those who mourn,
for they shall be comforted.
3. Blessed are the meek,
for they shall inherit the earth.
4. Blessed are those who hunger and thirst
for righteousness, for they shall be satisfied.
5. Blessed are the merciful,
for they shall obtain mercy.
6. Blessed are the pure in heart,
for they shall see God.
7. Blessed are the peacemakers,
for they shall be called sons of God.
8. Blessed are those who are persecuted
for righteousness' sake,
for theirs is the kingdom of Heaven.

Fifth Grade

Previous requirements plus:

Parts of the Mass

Introductory Rites
Liturgy of the Word
Liturgy of the Eucharist
Concluding Rites

Holy Days of Obligation in United States

The Immaculate Conception – December 8
Christmas – December 25
Solemnity of Mary, Mother of God – January 1
Ascension Thursday – 40 days after Easter
The Assumption of the Blessed Mother – August 15
All Saints' Day – November 1

Hail Holy Queen (Salve Regina)

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, most holy Mother of God,
that we may be made worthy of the promises of Christ.
Amen.

Fifth Grade

Know how to lead the Rosary

Mysteries of the Rosary

The Joyful Mysteries

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

The Sorrowful Mysteries

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

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

The Luminous Mysteries

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 Holy Eucharist

Sixth Grade

Previous requirements plus:

Steps of Lectio Divina

Lectio (reading)
Oratio (praying)
Meditatio (meditating)
Contemplatio (contemplating).

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 Blessed Mother
5. Simon of Cyrene Helps Jesus Carry His Cross
6. Veronica Wipes the Face of Jesus
7. Jesus Falls the Second Time
8. Jesus Speaks to 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

We adore Thee, O Christ, and we praise Thee.
Because by Thy Holy Cross, Thou has redeemed the world.

Seventh Grade

Previous requirements plus:

Theological Virtues

Virtues are habits and firm dispositions to do good. Theological Virtues are gifts from God (given at baptism) that direct the soul to union with God. These are:

Faith (Belief in God),
Hope (Trust in God),
Charity (Love of God and neighbor).

Cardinal Virtues

Prudence helps us to do good and avoid evil by making correct decisions in life.

Fortitude gives us strength and determination in loving God and one's neighbor, and gives us courage to defend the Faith and face persecution.

Justice moves us to respect the rights and dignity of all human beings.

Temperance helps us to enjoy pleasures with moderation and use everything properly.

Types of Prayer

Blessing and Adoration
Petition
Intercession
Thanksgiving
Praise

Eighth Grade

Previous requirements, plus:

The Marks of the Church

One: The Church is one because of her source, foundation, and bonds of unity in Christ.

Holy: The Church is holy because she is united with Christ, Who through the Church sanctifies all people making possible holiness in life.

Catholic: The Church is catholic in that the Church is universal (all people in all times and all places).

Apostolic: The Church is apostolic because she can trace her teaching and authority back to the Apostles and thus to Christ.

The Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

The Four Last Things

Death, Judgement, Heaven, Hell

Eighth Grade

Gifts of the Holy Spirit

Fear of the Lord - We respect God as God, and love God above all things. Sometimes this gift is called “wonder and awe” in God’s presence because it reminds us that He is great and all-powerful. Because of such respect, we see the evil of sin, do not want to sin, and do not want to face the punishment due to sin.

Fortitude - We have courage to live and to defend our faith. We are strong against temptation and persecution. We are faithful to Christ even when it is difficult to do so.

Knowledge - We receive and accept the faith. With faith, we see everything in relationship to God and our eternal destiny.

Understanding - Having faith, this gift gives us deeper insight into the Faith so that we better live it and explain it to others.

Counsel - With this gift, we are better able to make good decisions, to know the difference between right and wrong, and to advise others.

Wisdom - This gift enables us “to think with the mind of Christ,” to appreciate divine things, to see the work of God in our lives, and to set our hearts on what is truly important— God, virtue, prayer, and everlasting life.

Piety - We are humble before God, realizing that all of our blessings come from Him and that we ought to worship Him.

Fruits of the Holy Spirit

Patience	Charity	Kindness	Faithfulness
Joy	Goodness	Modesty	Gentleness
Peace	Generosity	Self-Control	Chastity

Come Holy Spirit

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.

Oh 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 every enjoy His consolations,

Through Christ our Lord. *Amen.*

Other Important Catholic Prayers and Devotions

Act of Charity

O my God! I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all my love. I love my neighbor as myself for love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.
Amen.

Act of Faith

O my God! I firmly believe that Thou art One God in Three Divine Persons, the Father, the Son, and the Holy Spirit; I believe that Thy 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 Thou has revealed them, Who can'st neither deceive nor be deceived. *Amen.*

Act of Hope

O my God! Relying on Thine 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.*

Angelus

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary....

V. Behold the handmaid of the Lord.

R. Be it done to me according to thy word.

Hail Mary....

V. And the word was made flesh.

R. And dwelt among us.

Hail Mary....

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the Incarnation of Christ thy Son was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord. *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.

Divine Mercy Chaplet

Begin with the Sign of the Cross.
Pray one Our Father, Hail Mary, and Apostles' Creed.
For each decade on the Rosary beads:
Large Beads: Eternal Father, I offer you the Body and Blood,
Soul and Divinity of Your dearly beloved Son, our Lord,
Jesus Christ,
In atonement for our sins, and those of the whole world.
On the small beads: For the sake of His sorrowful passion,
have mercy on us, and on the whole world.
Conclude by saying three times: Holy God, Holy Mighty
One, Holy Immortal One, have mercy on us and on the
whole world.
End with the Sign of the Cross.

Fatima Prayer

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.*

The Memorarae

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine 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.

Queen of Heaven (Regina Coeli)

Queen of Heaven, rejoice. Alleluia. The Son whom you were privileged to bear, Alleluia, has risen as he said, Alleluia. Pray to God for us, Alleluia. Rejoice and be glad, Virgin Mary, Alleluia. For the Lord has truly risen, Alleluia. O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of eternal life. Through Christ, our Lord. Amen.

Short Prayers to Memorize

Jesus in the Blessed Sacrament, have mercy on us!

O Heart of Jesus, I place my trust in Thee.

My Lord and My God.

O Sacrament most holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine.

Spiritual Communion

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You. Amen.

First Grade	<p>Genuflection (method & meaning) Sign of the Cross Glory Be Hail Mary Our Father Guardian Angel Prayer Grace Before Meals Optional: Grace After Meals</p>
Second Grade	<p>Previous requirements, plus: Ten Commandments Act of Contrition Identify the words of Absolution Steps for a good Confession Steps to worthily receive the Holy Eucharist</p>
Third Grade	<p>Previous requirements, plus: Seven Sacraments Twelve Apostles Chosen by Christ Apostles' Creed Prayer to Saint Michael</p>
Fourth Grade	<p>Previous requirements, plus: Corporal and Spiritual Works of Mercy Beatitudes</p>
Fifth Grade	<p>Previous requirements, plus: Parts of the Mass Holy Days of Obligation in United States Hail Holy Queen Know how to lead the Rosary (all twenty mysteries)</p>
Sixth Grade	<p>Previous requirements, plus: Lectio Divina Stations of the Cross</p>
Seventh Grade	<p>Previous requirements, plus: Theological and Cardinal Virtues Types of Prayer</p>
Eighth Grade	<p>Previous requirements, plus: Marks of the Church Precepts of the Church Four Last Things Gifts and Fruits of the Holy Spirit Come Holy Spirit</p>