

LEARNING PRAYERS BY HEART

Infant – 6th Grade

As part of our Lifelong Faith Formation there are certain Catholic prayers that reflect the common language of faith in individual and community prayer. “In this way certain elements of the Catholic faith, tradition, and practice are learned for a lifetime, form a basis for communication, allow people to pray together in a common language, and contribute to the individual’s continued growth in understanding and living the faith.” (National Directory for Catechesis 29F).

The prayers listed in this document are common prayers that are widely used and prayed throughout the Catholic Church. We should strive to learn these prayers as a part of our Catholic heritage and faith. Learning them will be a process – we should strive to learn them by heart, however, we should not feel overwhelmed or burdened by the process. We can joyfully work toward incorporating these prayers in our daily prayer in the home, participation in the life of the Church and in intentional catechetical settings such as your faith formation lesson time. May your prayers be lifted in communion with the angels and saints!

Learning Prayers By Heart

Birth - Age 2 Sign of the Cross

Age 3 & 4 *In addition to the previous item*
Grace Before and After Meals

Kindergarten *In addition to the previous items*
Morning and Evening prayers
Guardian Angel Prayer

Grade 1 *In addition to the previous items*
Our Father
Hail Mary
Glory Be

Grade 2 *In addition to the previous items*
Act of Contrition
The Assembly's Responses and Acclamations during Mass

Grade 3 *In addition to the previous items*
Nicene Creed
Fatima Prayer
Hail Holy Queen

Grade 4 *In addition to the previous items*
Ten Commandments
Corporal & Spiritual Works of Mercy
Beatitudes
Apostles' Creed
Joyful Mysteries of the Rosary

Grade 5 *In addition to the previous items*
Sorrowful Mysteries of the Rosary
Seven Sacraments
Act of Faith
Holy Days of Obligation
Deuteronomy 6: 4-5

Grade 6 *In addition to the previous items*
Glorious Mysteries of the Rosary
Act of Hope
Precepts of the Church
Sanctus
Mysterium Fidei
Agnus Dei in Latin

Sign of the Cross

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

We give you thanks, almighty God,
for these and all your gifts
which we have received
through Christ, our Lord.
Amen.

Morning Prayer

O my God, I offer you this day,
all I do and think and say.
In union with what was done,
on earth by Jesus Christ,
your Son.

Evening Prayer

God, our Father, this day is done.
We ask you and Jesus Christ, your Son,
that with the Spirit, our welcome guest,
you guard our sleep and bless our rest.
Amen.

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.

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.

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.

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

(Traditional version)

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.

Act of Contrition

(Alternate version from the Rite of Penance)

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.

PARTS OF THE MASS

Greeting

Priest: The Lord be with you.

Assembly: And with your spirit.

Penitential Act, Form A

(Confiteor)

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done
and in what I have failed to do,

through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Penitential Act, Form B

Priest: Have mercy on us, O Lord.

Assembly: For we have sinned against you.

Priest: Show us, O Lord, your mercy.

Assembly: And grant us your salvation.

Gloria

Glory to God in the highest,
And on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

Response to the Biblical Readings

FIRST AND SECOND READING

(at Conclusion)

Reader: The word of the Lord.

Assembly: Thanks be to God.

GOSPEL

(at Introduction)

Deacon or Priest: The Lord be with you.

Assembly: And with your spirit.

Deacon or Priest: A reading from the holy Gospel according to [name of Gospel writer].

Assembly: Glory to you, O Lord.

GOSPEL

(at Conclusion)

Deacon or Priest: The Gospel of the Lord.

Assembly: Praise to you Lord, Jesus Christ.

Prayer with the Priest over the Gifts

Assembly: May the Lord accept the sacrifice
at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.

Preface Dialogue

Priest: The Lord be with you.

Assembly: And with your spirit.

Priest: Lift up your hearts.

Assembly: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

Assembly: It is right and just.

Preface Acclamation

Assembly: Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the
Lord. Hosanna in the highest.

Mystery of Faith

(formerly Memorial Acclamation)

Priest: The mystery of faith.

Assembly (a): We proclaim your Death, O Lord, and profess your Resurrection until you come again.
(or b): When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.
(or c): Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

Litany at the Fraction Rite

Assembly:

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

Act of Humility

Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Assembly: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Sending

Deacon or Priest

(a): Go forth, the Mass is ended.

(or b): Go and announce the Gospel of the Lord.

(or c): Go in peace, glorifying the Lord by your life.

(or d): Go in peace.

Assembly: Thanks be to God.

Nicene-Constantinopolitan 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.

Fatima Prayer

O my Jesus,
Forgive us our sins,
Save us from the fires of hell,
Lead all souls to heaven,
especially those in most need of your mercy.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you do we cry,
Poor banished children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us,
and after this exile show unto us the blessed
fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

(Leader: Pray for us, O Holy Mother of God.)

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

The Ten Commandments

1. I am the LORD your God. You shall worship the Lord your God and him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath 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.

Works of Mercy

CORPORAL

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

SPIRITUAL

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and dead.

Beatitudes (Matthew 5:3-12)

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

Seven Sacraments

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Penance and Reconciliation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

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 to the 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.

Joyful Mysteries of the Rosary

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

Sorrowful Mysteries of the Rosary

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

Act of Faith

O 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.

Holy Days of Obligation

January 1 – Solemnity of Mary Mother of God

Seventh Sunday of Easter – Solemnity of the Ascension

August 15 – Solemnity of the Assumption of the Blessed Virgin

November 1 – Solemnity of the Feast of All Saints

December 8 – Solemnity of the Immaculate Conception

December 25 – Solemnity of the Nativity of our Lord, Jesus Christ

Deuteronomy 6: 4-5 (Shema)

Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength.

The Glorious Mysteries

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

The 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.

Precepts of the Church

1. You shall attend Mass on Sundays and on Holy Days of Obligation and remain free from work or activity that could impede the sanctification of such days.
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.

Sanctus

Sanctus, Sanctus, Sanctus

Dominus Deus [Sabaoth](#).

Pleni sunt caeli et terra gloria tua.

[Hosanna](#) in excelsis.

Benedictus qui venit in nomine Domini.

Hosanna in excelsis.

Mysterium Fidei

Mortem tuam annuntiamus, Domine,

We proclaim Your death, O Lord,
et tuam resurrectionem confitemur,
and confess Your resurrection,
donec venias.
until You come.

Agnus Dei

Agnus Dei, qui tollis peccata mundi,

Lamb of God, who takes away the sins of the world,
miserere nobis.

have mercy upon us.

Agnus Dei, qui tollis peccata mundi,

Lamb of God, who takes away the sins of the world,
miserere nobis.

have mercy upon us.

Agnus Dei, qui tollis peccata mundi,

Lamb of God, who takes away the sins of the world,
dona nobis pacem.
grant us peace