Our Lady of Grace

To be a vibrant community of faith where all people feel they belong

Prayers and Church Teachings to Memorize (by suggested grade level)

Here are some of the prayers and Church teachings that students should try to memorize during their years in Faith Formation classes. If your family is accustomed to saying the prayers with slightly different wording (such as using "you" instead of "thee" in the Hail Mary) it is fine for students to memorize that wording instead of what is here.

Your children will hopefully know some of the prayers from the grade levels they have already completed. If they don't, this provides a wonderful opportunity to brush up on them. Students in Preschool through grade 5 are invited to recite their prayers at the Prayer Station to earn prizes (Preschool - gr. 1) or prayer cards (gr. 2-5).

Parents, please practice with your students. Focusing on these at home will help students be more excited about learning. Spontaneous prayer and talking to God from our hearts is also extremely important. We can all work together to stress to students the gift of various types of prayer.



Preschool & older

The Sign of the Cross
In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.
Using your right hand, touch your forehead at the mention of the Father; the lower middle of your chest at the mention of the Son; the left shoulder on "Holy" and the right shoulder on "Spirit."

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.

Angel of God (Prayer to your 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.
(See actions on page 6.)

Liturgical Colors Song
Purple and green, red and white are the colors of the year.
Purple and green, red and white remind us of the light.
Purple's for preparation; white is for celebration;
green is for Ordinary time, red is for Pentecost.
Purple and green, red and white are the colors of the year.
Purple and green, red and white remind us of the light.

Grade 1 & younger/older

Our Father (The 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.

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.

Prayer Before Meals
Bless us, O Lord, and these your gifts,
which we are about to receive
from your bounty,
through Christ our Lord. Amen.

Prayer After Meals
We give you thanks for all your benefits,
almighty God, who lives and reigns
forever. Amen.

Prayers and Church Teachings to Memorize (by grade level)

Grade 2 & other Sacramental Preparation students & younger/older

Act of Contrition
O my God, I am heartily sorry
for having offended You,
and 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 sin no more and to
avoid the near occasion of sin. Amen.

Prayer to the 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 will renew
the face of the earth. Amen.

O Sacrament Most Holy
O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine!

5 Essentials for a Good Reconciliation
1. Examine your conscience
2. Be sorry for your sins.
3. Decide to improve with God's help.
4. Confess your sins to the priest.
5. Do your penance.

Rules of the Communion Fast
Do not eat anything or drink any liquid
(other than water) one hour
before receiving Communion.

Grade 3 & younger/older

The Seven Sacraments
Baptism
Confirmation
Eucharist
Reconciliation
Anointing of the Sick
Marriage
Holy Orders
The first 3 are known as Sacraments of Initiation.
The next 2 are Sacraments of Healing.
The final 2 are Sacraments of Service.

5 Seasons of the Church Year
Advent, Christmas, Ordinary Time, Lent and Easter

Names of the 4 Gospels
Matthew, Mark, Luke and John

Books of the Bible:
Number of Old Testament Books - 46
Number of New Testament Books - 27

Theological Virtues
Faith
Hope
Charity (Love)

4 Marks/Characteristics of the Church
One
Holy
Catholic
Apostolic



Prayers and Church Teachings to Memorize (by grade level)

Grade 4 & younger/older

Holy Days of Obligation
(Meaning you must attend Mass on these days)
Mary, the Mother of God - January 1
Assumption of Mary - August 15
All Saints' Day - November 1
Immaculate Conception of Mary - December 8
Christmas - December 25

The Prayer to St. Michael and the Memorare are prayed at the end of every Mass at Our Lady of Grace. Please memorize both.

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness
and snares of the devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly host,
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.

Memorare Prayer

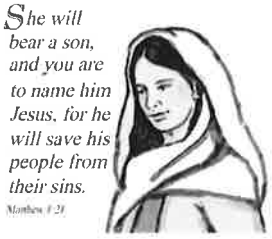
Remember, O most gracious Virgin Mary, that
never was it known that anyone who fled to thy
protection, implored thy help,
or sought thine intercession was left unaided.
Inspired by this confidence, I fly unto thee,
O Virgin of virgins, my mother;
to thee do I come, before thee I stand,
sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me. Amen.

The Ten Commandments

1. I am the Lord, your God. You shall have no 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 your neighbor's goods.

Grade 5 & younger/older

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.



Fatima Prayer
O my Jesus, forgive us our sins,
save us from the fires of hell,
lead all souls to heaven, especially those
who are in most need of Thy mercy.

Apostle's 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.

Notice that "catholic" is not capitalized here. In this instance, "catholic" means "universal" rather than serving as the formal name of the Catholic Church.

More 5th Grade Prayers on next page

Prayers and Church Teachings to Memorize (by grade level)

Grade 5 & younger/older, continued

How to say and lead the Rosary

Begin by making the Sign of the Cross with the rosary's crucifix. Then say the Apostles Creed, one Our Father, three Hail Marys,and one Glory Be (moving along the beads leading from the crucifix).

Begin the first decade of the rosary by saying the name of the first mystery. Again, moving along the beads, say one Our Father (large, separate bead), ten Hail Marys (grouped beads), and one Glory Be (next large, separate bead). This completes one decade. All the other decades are said in the same manner, with a different mystery for each decade.

At the end of the rosary, the Hail, Holy Queen prayer may be recited. (See it on page 4.) People may choose to add other prayers, as well.

Several people add the Fatima prayer after each Glory Be. (See it on page 4.)



Mysteries of the Rosary

Joyful Mysteries
(said on Mondays and Saturdays)
1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation
5. The Finding in the Temple

Sorrowful Mysteries
(said on Tuesdays and Fridays)
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 and Death of Jesus

Glorious Mysteries
(said on Wednesdays and Sundays)
1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

Luminous Mysteries
(said on Thursdays)
1. The Baptism of the Lord
2. The Wedding of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Challenge your memory with these Extra Prayers & Teachings here and on the following page, then recite them at the Prayer Station if you'd like

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

7 Spiritual Works of Mercy
1. Correct those who need it.
2. Teach the ignorant.
3. Give advice to those who need it.
4. Comfort those who suffer.
5. Be patient with others.
6. Forgive others who hurt you.
7. Pray for others.

More Extra Prayers & Teachings

Rules of Fast and Abstinence
Fasting: adults age 18 until the 60th birthday
Abstinence: begins at 14 years old

Abstinence forbids the eating of meat. Fasting allows one full meal and two lighter meals in the course of the day and prohibits eating between meals. Pregnant women and people who are sick are not obliged to fast.

Ash Wednesday and Good Friday are days of fast and abstinence; all other Fridays of Lent are days of abstinence only.

Emergency Baptismal Formula
Pour ordinary water on the forehead (not the hair) of the person to be baptized and say while pouring it: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit." (Note: Any person can and should baptize in case of necessity; the same person must say the words while pouring the water.)

7 Capital Sins
Pride, Covetousness, Lust, Anger, Gluttony, Envy and Sloth

7 Gifts of the Holy Spirit
Wisdom, Understanding, Knowledge, Counsel (or Right Judgment), Fortitude (or Courage), Piety (or Reverence), Fear of the Lord (or Awe and Wonder)

Stations of the Cross
You do not need to memorize the Stations, but should pray the Stations in the church with your teacher and/or family at least once this year.

1. Jesus is condemned to death on the cross.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful 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 meets and 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 placed in the tomb.

Cardinal Virtues
Prudence
Justice
Fortitude
Temperance

12 Fruits of the Holy Spirit
Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Chastity, Self-Control, Modesty and Goodness

Thank you for working on memorizing these Prayers & Teachings.

May God bless you.

*P.S. Don't miss the **Angel of God with Actions** on the back of this page.*

Angel of God (Prayer to Your Guardian Angel)
with actions

Parents: Consider saying this prayer at bedtime with your children, closing the prayer by asking God to bless people whom you name and/or to grant another prayer that comes to mind.
You can even practice this prayer in the snow!

(Raise and lower your arms as if you're making a snow angel)
Angel of God, my guardian dear,

(Hold your hands in front of your chest, arms bent, and put your hands together in the shape of a heart, with the thumbs making the bottom point of the heart and the four fingers on each hand touching to make the top of the heart)
to whom God's love

(Cross your arms in front of your chest and give yourself a hug, rocking from side to side.)
commits me here,

(Put your arms straight up, then bring them down to your sides.)
ever this day be at my side,

(Make your hands into fists and cross them at the wrists in front of your chest.)
to light and guard,

(Open your fists and swoop your arms down, then out to the sides and above the head, bringing them down in front of you so they are together as in prayer, with fingers pointed toward heaven.)
To rule and guide.

