

Catholic Prayers and Traditions

St. Cecilia Family Faith Formation

Pre-K

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.

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.

Kindergarten & First Grade

All prayers of the previous grades.

The Lord's Prayer (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 you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners, now
and at the hour of our death.
Amen.

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.

2nd Grade

All prayers of the previous grades.

Act of Contrition

O my God,
I am heartily sorry for having offended Thee,
and I detest all my sins
because I dread the loss of Heaven
and the pains of Hell;
But most of all because they offend Thee,
my God, who are 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.

The 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.

3rd Grade

All prayers of the previous grades.

The Nicene Creed

I believe in 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

4th, 5th, & 6th Grade

All prayers of the previous grades.

The Rosary

1. Hold the crucifix,
2. make the sign of the cross,
3. Pray:
 - a. Apostle's Creed.
 - b. Our Father
 - c. 3 Hail Marys
 - d. Glory Be
4. Announce the 1st Mystery
5. Pray:
 - a. Our Father
 - b. 10 Hail Marys
 - c. Glory Be
 - d. Fatima prayer
6. Repeat 4 & 5 for Mysteries 2 - 5
7. Pray:
 - a. Hail, Holy Queen
 - b. Final prayers

Fatima Prayer

O My Jesus,
forgive us our sins,
save us from the fires of Hell
and lead all souls to Heaven,
especially those who are in most need of Thy 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, our exile, show unto us
the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet Virgin Mary!

The Joyful Mysteries

(use on Monday & Saturday, & Sundays of Advent)

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

The Glorious Mysteries

(use on Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption
5. The Coronation of Mary as Queen of Heaven

The Sorrowful Mysteries

(use on Tuesday & Friday & Sundays of Lent)

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

The Luminous Mysteries

(use on Thursday)

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding Feast in Cana
3. Jesus Announces the Kingdom of God
4. Transfiguration
5. Institution of the Eucharist

Final Prayers

Pray for us, most holy Mother of God,
That we may be made worthy of the promises of Christ.

O God, whose only-begotten Son,
by His life, death and resurrection,
has purchased for us the rewards of eternal life;

grant, we beseech Thee, that,
meditating upon these mysteries
of the Most Holy Rosary of the Blessed Virgin Mary,
we may imitate what they contain and
obtain what they promise,
through the same Christ our Lord. Amen.

7th & 8th Grade

All prayers of the previous grades.

Eternal Rest

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of all the faithful departed,
through the mercy of God,
rest in peace.

The Stations of the Cross

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his clothing.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus's body is placed in the tomb.

We adore You, O Christ,
and we praise You.
Because by Your holy Cross
You have redeemed the world.

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known,
that anyone who fled to your protection,
implored your help,
or sought your intercession, was left unaided.
Inspired by this confidence, I fly unto you
O Virgin of virgins my Mother;
to you do 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.

Chaplet of Divine Mercy

Sign of the Cross

Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat 3 times)

O Blood and Water,
which gushed forth from the Heart of Jesus as a
fountain of Mercy for us, I trust in You!

Our Father
Hail Mary
Apostle's Creed

Repeat for each of the 5 decades of the rosary:

On Our Father 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 Hail Mary beads:

For the sake of His sorrowful Passion,
have mercy on us and on the whole
world.

Concluding Prayer *(Repeat 3 times)*

Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.

Optional Closing Prayer

Eternal God, in whom mercy is endless & the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

Jesus, I trust in you.
Jesus, I trust in you.
Jesus, I trust in you.

(Repeat 3 times)