

## **Prayer**

Prayer is an integral part of our faith and will be included in each class. Students will experience a variety of ways to pray. Below is a listing of formal prayers and the grade levels at which they are taught. Your help will be necessary for your child(ren) to learn these prayers and make them a part of their lives.

### **FORMAL PRAYERS**

Following is a listing of the formal prayers and the grades at which they are taught. Your help will be necessary for your child to learn these prayers.

Kindergarten	Sign of the cross
Grade 1	(all of the above), Our Father, Hail Mary
Grade 2	(all of the above), Glory Be, Act of Contrition
Grade 3	(all of the above), Apostles Creed
Grade 4	(all of the above), Rosary, Mysteries of the Rosary
Grade 5	(all of the above), on-going review is essential
Grade 6	(all of the above), on-going review is essential
Grade 7	(all of the above), Prayer to the Holy Spirit
Grade 8	(all of the above), Nicene Creed

#### **Sign of the Cross**

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

#### **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**

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. Amen.

### **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.

### **How to Say the Rosary**

1. Begin with the crucifix and say the Apostle's Creed.
2. On the first bead, say one Our Father.
3. On the next three beads, say Hail Mary.
4. Next say one Glory Be. Then announce and think of the first Mystery and say one Our Father.
5. Say ten Hail Mary's and one Glory Be.
6. Announce the second Mystery and continue in the same way until each of the five Mysteries of the selected group or decades is said.

<u>Joyful Mysteries</u>	<u>Sorrowful Mysteries</u>	<u>Glorious Mysteries</u>	<u>Luminous Mysteries</u>
The Annunciation	The Agony in the Garden	The Resurrection	The Baptism of the Lord
The Visitation	The Scourging at the Pillar	The Ascension	The Wedding of Cana
The Birth of Jesus	The Crowning with Thorns	The Descent of the Holy Spirit	The Proclamation of the Kingdom
The Presentation of Jesus	The Carrying of the Cross	The Assumption of the Blessed Virgin Mary	The Transfiguration
The Finding of Jesus in the Temple	The Crucifixion	Crowning of Mary Queen of Heaven	The Institution of the Eucharist

### **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 shall renew the face of the earth.

### **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.