

PSR Prayer List by Grade Level According to the Diocese of Birmingham

ESSENTIAL CATHOLIC PRAYERS AND FORMULAS OF FAITH

At each grade level, students in the Diocese of Birmingham will gradually be introduced to and will be familiar with some of the essential prayers and doctrinal formulas which have come down to us as a part of our Catholic Tradition. The mystery of the faith requires that the faithful believe in it, that they celebrate it, and that they live from it in a vital and personal relationship with the living and true God. This relationship is prayer. (CCC 2558)

By the end of the Pre-K-Kindergarten program, students will be familiar with:

1. The Sign of the Cross
2. Genuflection before the Blessed Sacrament
3. The Morning Offering for Young Children

By the end of the Grade 1, students will be familiar with:

1. Our Father
2. Hail Mary
3. Glory Be
4. The Prayer before Meals
5. The Prayer to our Guardian Angels

By the end of the Grade 2, students will be familiar with:

1. The Act of Contrition
2. The Great Commandment (The Two Commandments of Love)
3. The Golden Rule

By the end of the Grade 3, students will be familiar with:

1. The Stations of the Cross
2. Hail Holy Queen
3. The Rosary

By the end of the Grade 4, students will be familiar with:

1. The Apostles' Creed
2. The Ten Commandments
3. Angelus

By the end of the Grade 5, students will be familiar with:

1. The Nicene Creed
2. Prayer to the Holy Spirit
3. Prayer to St. Michael the Archangel

By the end of the Grade 6, students will be familiar with:

1. Memorare
2. Holy Days of Obligation

By the end of the Grade 7, students will be familiar with:

1. The Beatitudes
2. The Three Theological Virtues
3. The Four Cardinal Virtues
4. The Spiritual Works of Mercy
5. The Corporal Works of Mercy

By the end of the Grade 8, students will be familiar with:

1. The Morning Offering
2. The Seven Gifts of the Holy Spirit
3. The Twelve Fruits of the Holy Spirit
4. The Precepts of the Church
5. The Four Last Things
6. The Divine Praises

By the end of the Grade 12, students will be familiar with:

1. The Anima Christi
2. The Divine Mercy Chaplet

Prayers by grade on the following lines:

PREK/K

Sign of the Cross

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

Genuflection before the blessed sacrament

Morning Offering for Young Children

O my Jesus, I offer you this day, all my thoughts and work and play. Help me to be good in all I do: gentle, loving, and kind like you. Please bless our world with your grace, bring peace and love to every place. Teach me to do what pleases you that I may serve you and be true. Hold in your hand my family dear, and always Lord be very near. Amen.

FIRST GRADE

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 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.

Prayer before Meals

Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen.

Prayer to 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, rule and guide. Amen.

SECOND GRADE

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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Act of Contrition (alternate form)

O, my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment, 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.

FORMULAS OF FAITH

The Great Commandment/The Two Commandments of Love (Mt. 22.37, 39)

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

The Golden Rule (Mt. 7:12)

Do to others as you would have them do to you.

THIRD GRADE

The 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 Mother.
5. Jesus is helped by Simon of Cyrene.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus speaks to the women.
9. Jesus falls a third time.
10. Jesus is stripped of his clothes.
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.

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 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. Amen.

The Holy Rosary

Start by making the sign of the Cross; Recite the Apostles Creed; Say 1 "Our Father", 3 "Hail Mary's" for the virtues of Faith, Hope and Charity; and then 1 "Glory Be"; The Rosary is divided

into three parts, each having five mysteries. While meditating on the Mysteries, recite: 1 "Our Father", 10 "Hail Mary's" and 1 "Glory Be" for each Mystery. After each Mystery the "Fatima Prayer" may also be said. Together this makes up one decade. To finish, after the final mystery, say 1 "Hail Holy Queen" and 1 Rosary Conclusion prayer.

The Joyful Mysteries (Mondays and Saturdays, may be said on Sundays during Advent and Christmas)

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

The Luminous Mysteries (Thursdays)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. Proclamation of the Kingdom
4. The Transfiguration
5. Institution of the Eucharist

The Sorrowful Mysteries (Tuesdays and Fridays):

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

The Glorious Mysteries (Wednesdays & Sundays):

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of Mary: Mary crowned Queen of Heaven

Rosary Conclusion

O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

Fourth 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; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from thence He shall 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.

The Ten Commandments (Ex. 20:2-14; Dt. 5:6-21)

1. I am the LORD your God: you shall not have 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.

Angelus

- The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit. 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.
- Behold the handmaid of the Lord: Be it done unto me according to Thy word.
- Hail Mary . . .
- And the Word was made Flesh: And dwelt among us.
- Hail Mary . . .
- Pray for us, O Holy Mother of God, 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.

FIFTH GRADE

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.

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. Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

Prayer to Saint Michael The Archangel

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 Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen

SIXTH GRADE

Memorare

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.

Holy Days of Obligation

1. Mary, Mother of God (January 1)
2. Assumption of Mary (August 15)
3. All Saints Day (November 1)
4. Immaculate Conception (December 8)
5. Christmas (December 25)

SEVENTH GRADE

The Beatitudes (Mt. 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.
9. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

The Three Theological Virtues (1 Cor. 13.13)

1. Faith
2. Hope
3. Charity

The Four Cardinal Virtues (Wis. 8:5-8)

1. Prudence
2. Justice
3. Fortitude
4. Temperance

The Spiritual Works of Mercy (CCC § 2447)

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

The Corporal Works of Mercy (CCC § 2447)

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

The Seven Gifts of the Holy Spirit (Is. 11:1-3)

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

EIGHTH GRADE

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day for all the intentions of Your most Sacred Heart, In union with the most Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all, and in particular for the Holy Father's intentions. I wish to gain all the indulgences attached to the prayers I shall say and the good works I shall perform this day. Amen.

Seven Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety

7. Fear of God

The Twelve Fruits of the Holy Spirit (Gal. 5:22-23, et al.)

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control
12. Chastity

Precepts of the Church (CCC § 2042-2043)

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.

The Four Last Things (CCC § 1022)

1. Death
2. Judgment
3. Hell
4. Heaven

The 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. Amen.

ACT OF HOPE-traditional

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen

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.

High School

Anima Christi Prayer

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. O good Jesus, hear me. Within your wounds, hide me. Separated from you, let me never be. From the evil one, protect me. At the hour of my death, call me. And close to you, bid me. That with Your Saints and angels, I may be praising YOU, I may be praising You forever and ever. Amen

Divine Mercy Chaplet

SIGN OF THE CROSS At the first large bead:

All: In the name of the Father, ✠ and of the Son, and of the Holy Spirit. Amen.

LORD'S PRAYER At the first small bead:

Leader: Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.

All: 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 At the second small bead:

Leader: Hail Mary, full of grace, the Lord is with thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

APOSTLES' CREED At the third small bead:

All: I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, (all bow at the following two lines) 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.

REPEATING CHAPLET PRAYERS At the Our Father beads:

Leader: Eternal Father, I offer you the Body and Blood, Soul and Divinity, of your dearly beloved Son, our Lord Jesus Christ,

All: in atonement for our sins and those of the whole world. At the Hail Mary beads:

Leader: For the sake of his sorrowful Passion,

All: have mercy on us and on the whole world. Repeat the two prayers above for five decades.

CONCLUDING CHAPLET PRAYER Repeat the following prayer three times.

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

Leader: Eternal God, in whom mercy is endless and 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. All: Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.