



## St. Michael Parish

### Religious Education/Catechism

#### Catholic Prayers, Practices and Beliefs for Memorization

In our religious education classes, we will teach the prayers, practices and beliefs listed below. But we need your help! Parents are asked to teach these prayers and lists to their children at the indicated year of formation. Praying regularly at home will help them to master the required prayers.

The memorization of prayers teaches us how to pray and offers essential support to the life of prayer. They help us connect in prayer together as a family and especially in common with each other at mass.

The memorization of prayers also supports us when we are in times of heartache, trial and pain, these prayers offer the words our minds are too cluttered to utter on its own.

NOTE; Each student is expected to know the prayers/lists introduced at their grade level in addition to knowing the prayers learned in previous years. Each year builds on the previous year. **Students may memorize prayers in English or Spanish.**

## **FIRST COMMUNION YEAR 1**

- **Sign of the Cross**
- **Glory Be**
- **Our Father**
- **Hail Mary**
- **Genuflecting and blessing ourselves with Holy Water**
- **Grace Before Meals – should be taught and practiced at home**

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

In the name of the Father,  
The Son, and 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.

### **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.

### **Holy Water**

Worshippers dip their right fingertips into the holy water font as they enter church and make the sign of the cross. This is a reminder of our Baptism

### **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.

### **Genuflecting (Kneeling)**

We genuflect (bend the knee) to show honor and servitude to Jesus Christ present in the Blessed Sacrament (Both in the tabernacle or exposed in the Monstrance during Eucharistic Adoration).

We should genuflect (kneel) toward the tabernacle on the right knee so that it touches the ground whenever entering or leaving a pew, except during communion.

### **Grace Before Meals \*\* Learn at Home**

Bless us, O Lord,  
and these, Thy gifts,  
which we are about to receive  
from Thy bounty,  
Through Christ, our Lord. Amen

### **FIRST COMMUNION YEAR 2**

- **Know all Prayers and Practices from Year 1**
- **Act of Contrition**
- **Ten Commandments**
- **Seven Sacraments**

**Act of Contrition: Version A**

O, my God, I am heartily sorry for having offended Thee. And I detest all of my sins because I dread the loss of heaven and the pains of hell, but most of all, because I have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, by the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen

**Act of Contrition: Version B**

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.

**The Ten Commandments**

1. I am the Lord, your God, you shall not have other gods before Me.
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 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

**The Seven Sacraments**

1. Baptism
2. Holy Eucharist
3. Penance
4. Confirmation

5. Anointing of the sick
6. Holy Orders
7. Matrimony

## **CONFIRMATION YEAR 1**

- **Know all prayers learned in First Communion Year1 and Year2**
- **Hail Holy Queen**
- **I Confess**
- **St. Michael Prayer**

### **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 towards 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.

### **Confiteor (I Confess)**

I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned through 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 sister, to pray for me to the Lord our God.

### **St. Michael the Archangel**

St. 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, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen

## **CONFIRMATION YEAR 2**

- **Know all prayers from Confirmation Year 1 and before**
- **Nicene Creed**
- **5 Precepts of the Church**
- **7 Gifts of the Holy Spirit**

### **Nicene Creed**

I believe in one God,  
the Father, the 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 and for our salvation  
he came down from heaven: by the power of 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.

With the Father and the Son he is adored and glorified.

He 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.

## **5 Precepts of the Church**

1. To attend Mass on Sundays and holy days of obligation.
2. To fast and abstain from meat on the days appointed.
3. To confess my sins at least once a year to a priest.
4. To receive Holy Communion during Easter time.
5. To contribute to the support of the Church. (financial, time, & talent)
6. To observe the laws of the Church regarding marriage.
7. To actively spread the Word of Jesus - teach, mentor, etc.

## **7 Gifts of the Holy Spirit**

Wisdom

Understanding

Counsel

Fortitude

Knowledge

Piety

Fear of the Lord