

St. Patrick's Faith Formation

~ Prayer Handbook ~



'Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest'.

Deuteronomy 6:6-7

Important note to parents and students:

In this booklet you will find the essential prayers of our Catholic faith. As they are learned, we encourage the children to say them frequently with your family, and individually. Once learned, it is expected that the students retain the knowledge for each subsequent level of their Faith Formation.*

* When we learn something "by heart", we mean that we are storing it in our mind (memory) and keeping it in a treasured place (emotion)".

Level One

Sign of the Cross

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

Grace Before Meals

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

The Lord's Prayer

Our Father, Who art in heaven,
hallowed by 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.

Level Two
(along with all prayers
from previous levels)

Glory to the Father

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.

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 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.

Level Three
(along with all prayers
from previous levels)

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;
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

Level Four
(along with all prayers
from previous levels)

Act of Faith

O my God,
I firmly believe that You are one God in
three Divine Persons,
the Father, the Son, and the Holy Spirit.

I believe in Jesus Christ, Your Son, Who
became man and died for our sins, and Who
will come to judge the living and the
dead.

I believe these and all the truths which
the holy, catholic, Church teaches,
because You have revealed them,
who can neither deceive nor be deceived.
Amen

Act of Hope

O my God,
Trusting in Your infinite goodness 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 Love

O my God,
I love You above all things,
with my whole heart and soul,
because You are all good and worthy of all my love.
I love my neighbor as myself for love of You.
I forgive all who have injured me,
and I ask pardon of all whom I have injured.
Amen.

Level Five

(along with all prayers from previous levels)

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you 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.
Pray for us, Holy Mother of God, that we may be
made worthy of the promises of Christ.
Amen

Level Six

(along with all prayers from previous levels)

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 to you,
O Virgin of Virgins, my Mother.
To you 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.

Level Seven

(along with all prayers
from previous levels)

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, O Lord, and they shall be created.
And you shall renew the face of the earth.

Amen

Level Eight

(along with all prayers
from previous levels)

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

Mysteries of the Rosary

Joyful Mysteries (level 4)

- The Annunciation
- The Visitation
- The Birth of Our Lord
- The Presentation
- The Finding in the Temple

Glorious Mysteries (level 6)

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Crowning of Mary as Queen of Heaven

Sorrowful Mysteries (level 5)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

Luminous Mysteries (level 7)

- The Baptism of the Lord
- The Wedding Feast of Cana
- The Preaching the Kingdom of God
- The Transfiguration of the Lord
- The Institution of the Eucharist

"Rising very early before dawn,
He left and went off to a
deserted place, where He
prayed."

Mark 1:35

