

### My Prayer Book



2021 - 2022



# This book belongs to:

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#### Prayers By Grade Level



SIGN OF THE CROSS
OUR FATHER
HAIL MARY
BEFORE MEAL PRAYER
AFTER MEAL PRAYER

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SIGN OF THE CROSS

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GUARDIAN ANGEL
ST. MICHAEL PRAYER
FATIMA PRAYER

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NICENE CREED
GUARDIAN ANGEL
ST. MICHAEL PRAYER
FATIMA PRAYER
HAIL HOLY QUEEN

#### SIGN OF THE CROSS

In the Name of the FATHER, and of the SON, and of the HOLY SPIRIT. AMEN





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 amongst 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



#### **BEFORE MEAL PRAYER**

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

#### AFTER MEAL PRAYER

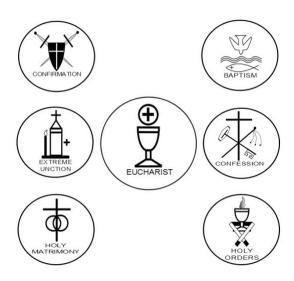
We give Thee thanks for all Thy benefits,
O Almighty God, who livest and reignest world without end. Amen
May the souls of the faithful departed, through the mercy of God, rest in peace. Amen



#### 10 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.

#### THE 7 SACRAMENTS



#### **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

O my God, I am heartfully sorry for having offended thee, and I detest all my sins because of Thy just punishment, but most of all because I have offended Thee my God,
Who is all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasion of 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



#### 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,
(At the words that follow, up to and including and became
man, all bow.)

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.

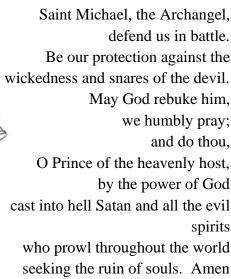
I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

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

#### **GUARDIAN ANGEL**

Angel of God, my Guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen

#### ST. MICHAEL PRAYER





#### **FATIMA PRAYER**

O, my Jesus forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy mercy. Amen

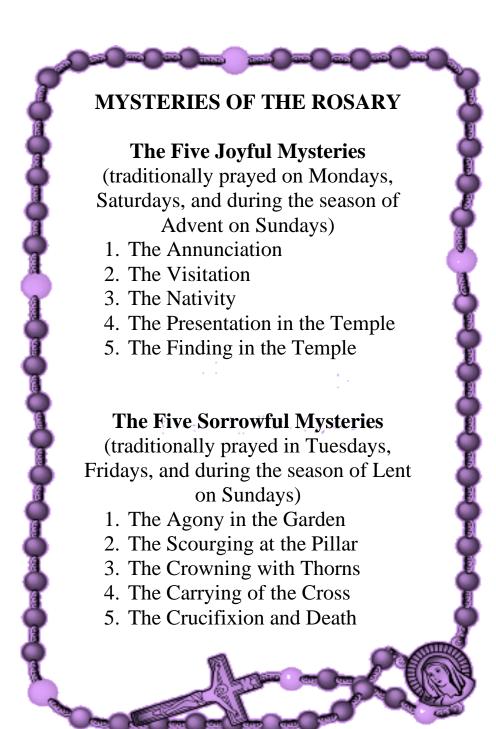
#### **ROSARY DIAGRAM**



#### 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 unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Amen





#### The Five Glorious Mysteries

(traditionally prayed on Wednesdays and outside the seasons of Advent and Lent on Sundays)

- 1. The Resurrection
- 2. The Ascension
- 3. The Descent of the Holy Spirit
- 4. The Assumption
- 5. The Coronation of Mary

#### The Five Luminous Mysteries

(traditionally prayed on Thursdays)

- 1. The Baptism of Christ in the Jordan
- 2. The Wedding Feast at Cana
- 3. Jesus' Proclamation of the Coming of the Kingdom of God
- 4. The Transfiguration
- 5. The Institution of the Eucharist

#### PRAYING THE ROSARY

- 1. Make the Sign of the Cross.
- 2. Holding the Crucifix, say the Apostles' Creed.
- 3. On the first bead, say an Our Father.
- 4. Say one Hail Mary on each of the next three beads.
- 5. Say the Glory Be.
- 6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.
- 7. While fingering each of the ten beads of the decade, next say ten Hail Mary's while meditating on the Mystery. Then say a Glory Be. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)

8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

V: Pray for us, O holy Mother of God.

R: That we may be made worthy of the promises of Christ.

Let us pray: 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 while meditating on 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.

9. End the Rosary with the Sign of the Cross.





## Faith Formation/ Religious Education 2021-2022