

LEVEL 4

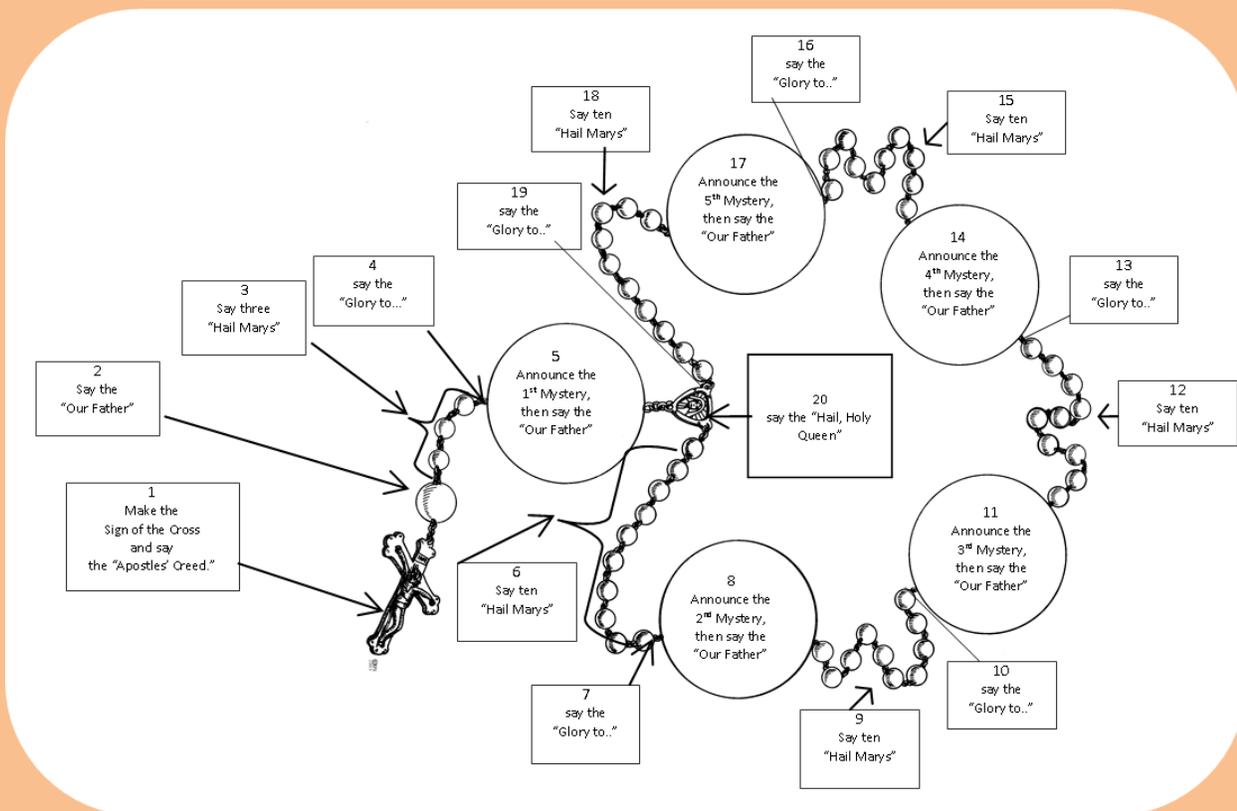
Prayers

Hail Holy Queen

Hail Holy Queen, Mother of Mercy; hail, our life, our sweetness and our hope! To you do 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, O holy Mother of God, that we may be made worthy of the promises of Christ.

How to pray the Rosary

A rosary is made up of groups of beads arranged in a circle. It begins with a cross followed by one large bead and three small ones. The next large bead begins the first "decade." Each decade consists of one large bead followed by ten smaller beads. Begin the rosary with the Sign of the Cross. Recite the Apostles' Creed (1). Then pray one Our Father (2), three Hail Marys (3), and one Glory to the Father (4). To pray each decade, say an Our Father (5) on the large bead and a Hail Mary (6) on each of the ten small beads. Close each decade by praying the Glory to the Father (7). Pray the Hail Holy Queen (20) as the last prayer of the rosary. The mysteries of the rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate Joyful Mystery, Mystery of Light, Sorrowful Mystery or Glorious Mystery.



Joyful Mysteries

Monday and Saturday

- 1st - The Annunciation
- 2nd - The Visitation
- 3rd - The Nativity
- 4th - The Presentation
- 5th - Finding of Child Jesus in Temple

Mysteries of Light

Thursday

- 1st - The Baptism of Jesus
- 2nd - The Wedding of Cana
- 3rd - Proclamation of the Kingdom of God
- 4th - The Transfiguration
- 5th - Institution of the Eucharist

Sorrowful Mysteries

Tuesday and Friday

- 1st - Agony in the Garden
- 2nd - The Scourging
- 3rd - Crowning with thorns
- 4th - Carrying the Cross
- 5th - Crucifixion

Glorious Mysteries

Sunday and Wednesday

- 1st - The Resurrection
- 2nd - The Ascension
- 3rd - Descent of Holy Spirit on Pentecost
- 4th - Assumption of the Blessed Virgin Mary
- 5th - Crowning of Mary as Queen of Heaven

Basic Prayers – taught in previous years

Sign of the Cross

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

The 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.

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.

Hail Mary

Hail Mary, full of grace! the Lord is with you; blessed are you among women, 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 to the Father

Glory to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and will be forever. AMEN.

An Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of your just punishments, but most of all because they offend You, my God who 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 occasions of sin.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart. AMEN