

Level 7

Come Holy Spirit

Come, Holy Spirit, fill the hearts of Your faithful and enkindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth. AMEN

Basic Prayers

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. 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 ever shall be, world without end. 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.

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.

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, announce the name of the 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). Continue in the same way for the remaining four decades (8). Pray the Hail Holy Queen (9) 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.



MYSTERIES OF THE ROSARY

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

A FORM OF CONFESSION

(You are the penitent; explanations and directions are in *italics*.)

Priest: "Good evening." (or similar words of welcome).

Penitent: "Good evening, Father." (Then make the Sign of the Cross and as you say the following.) "In the Name of the Father, and of the Son, and of the Holy Spirit, Amen."

Priest: "May the Lord help you to confess your sins" (or similar words.)

Penitent: "Amen." (Then begin your confession.) "Forgive me, Father, for I have sinned. It has been _____ since my last confession." (State in number of weeks, months or years the time since your last confession. If you do not remember, say that to the priest)

Next, confess your sins. Make know how often the sin is committed, for example, once, twice, sometimes, often.

When you are finished, say the following: "I am sorry for all my sins."

Priest: The priest may talk to you about your sins and how you can avoid them.

"For your penance . . ." (The priest will give you your penance. He will then ask you to pray an Act of Contrition, either before or as he prays the words of Absolution below.)

Penitent: (If the Priest asks you to pray 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 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 occasions of sin.**

Priest: "God the Father of mercies . . . I absolve you from your sins, in the Name of the Father, and of the Son, and of the Holy Spirit."
(Make the Sign of the Cross while the priest says these words.)

Penitent: "Amen."

Priest: "Give thanks to the Lord for He is good."

Penitent: "For His mercy endures forever."

Priest: "Go in peace."

Penitent: "Thank you, Father." (Leave, return to your pew, and say the penance that the priest has given.)

Other Catholic Prayers

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

Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that Your divine Son became man, and died for our sins, and that he will come to judge the living and the dead. I believe these truths which the holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived. AMEN

An Act of Hope

O my God, relying on 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

An 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 the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured. AMEN

The Angelus

The Angel of the Lord declared unto Mary.

[Hail Mary, etc.]

Behold the handmaid of the Lord.

[Hail Mary, etc.]

And the Word was made flesh.

[Hail Mary, etc.]

Pray for us, O Holy Mother of God.

Let us pray: O Lord, it was through the message of an angel that we learned of your Son, Jesus Christ. Pour Your grace into our hearts, and by His passion and cross bring us to the glory of His resurrection, Through the same Christ, our Lord. AMEN

[Glory be to the Father, etc.]

And she conceived of the Holy Spirit.

May it be done unto me according to Your word.

And dwelt among us.

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