

## **PRAYERS: Preschool through Grade 8**

### **1. Sign of the Cross**

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

### **2. Meal Prayers**

#### **Before the meal**

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

#### **After the meal**

We give Thee thanks for all Thy benefits,  
Almighty God, Who lives and reigns forever. Amen.  
(And may the souls of the faithful departed,  
through the mercy of God, rest in peace. Amen.)

### **3. Spontaneous Prayer**

Spontaneous Prayer rises unannounced from our hearts,  
Often without words, usually in response to something  
God has done, whether it's a beautiful sunset or a random  
act of kindness by a complete stranger. 'Whether the  
prayer is expressed in words or gestures it is  
the whole man who prays.' CCC 2562

### **4. Our Father (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.

### **5. 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.

### **6. 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.

### **7. Guardian Angel Prayer**

Angel of God,  
my guardian dear,  
To whom God's love  
commits me here,  
Ever this day,  
be at my side,  
To light and guard,  
To rule and guide.  
Amen.

### **8. Morning Offering**

O Jesus, through the Immaculate Heart of Mary,  
I offer you my prayers, works, joys, and sufferings of this day  
for all the intentions of your Sacred Heart;  
in union with the Holy Sacrifice of the Mass throughout the world,  
the reparation for sins, the reunion of all Christians,  
and in particular for the intentions  
of the Holy Father this month. Amen.

### **9. 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.

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O my God, I am heartily sorry for having offended Thee,  
and I detest all my sins because of thy just punishments,  
but most of all because they offend Thee, my God,  
who art 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.

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

### **10. How to Pray the Rosary**

Make the sign of the Cross.  
 Holding the Crucifix, say the Apostles' Creed.  
 On the first bead, say an Our Father.  
 Say one Hail Mary on each of the next three beads.  
 Say the Glory Be.  
 Go to the main part of the rosary.  
 For each of the five Decades, announce the Mystery,  
 then say the Our Father.  
 Next, while fingering each of the ten beads of the decade,  
 say ten Hail Marys while meditating on the Mystery.  
 Then say a Glory Be.

(After 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.")

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 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.

## **Mysteries of the Rosary**

### *Joyful Mysteries*

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the Child Jesus after Three Days in the Temple

### *Luminous Mysteries*

1. The Baptism at the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom and the Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

### *Sorrowful Mysteries*

1. The Agony of Jesus in the garden
2. The Scourging of Jesus at the pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus

### *Glorious Mysteries*

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus to Heaven
3. The Descent of the Holy Ghost
4. The Assumption of the Blessed Virgin Mary into Heaven
5. The Coronation of the Blessed Virgin Mary, Queen of Heaven and Earth

## **11. 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.

### **12. 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.

Pray for us, O holy Mother of God  
That we may be made worthy of the  
promises of Christ.

### **13. Eternal Rest**

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.

May the souls of the faithful departed,  
through the mercy of God, rest in peace. Amen.

### **14. Stations of the Cross**

The First Station: Jesus Is Condemned To Death

The Second Station: Jesus Carries His Cross

The Third Station: Jesus Falls the First Time

The Fourth Station: Jesus Meets His Afflicted Mother

The Fifth Station: Simon Helps Jesus Carry His Cross

The Sixth Station: Veronica Wipes the Face of Jesus

The Seventh Station: Jesus Falls A Second Time

The Eighth Station: Jesus Speaks to the Holy Women

The Ninth Station: Jesus Falls the Third Time

The Tenth Station: Jesus is Stripped of His Garments

The Eleventh Station: Jesus is Nailed to the Cross

The Twelfth Station: Jesus Dies on the Cross

The Thirteenth Station: Jesus is Taken Down From the Cross

The Fourteenth Station: Jesus is Laid in the Sepulcher

**15. Prayer to Saint 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 hosts,  
by the power of God, thrust into hell Satan,  
and all the evil spirits,  
who wander the earth seeking the ruin of souls. Amen.

**16. Prayer to the Holy Spirit**

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit, and they shall be created.

R. And you shall renew the face of the earth.

Let us pray:

O God, by the light of the Holy Spirit you have taught the hearts of your faithful.  
In the same Spirit, help us to know what is truly right and always to rejoice in your  
consolation. We ask this through Christ, Our Lord. Amen.

**17. Act of Faith**

Oh 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 and all the truths which the Holy Catholic Church teaches  
because you have revealed them  
who are eternal truth and wisdom,  
who can neither deceive nor be deceived.  
In this faith I intend to live and die. Amen.

**18. Act of Love**

Oh Lord God, I love you above all things,  
and I love my neighbor for your sake  
because you are the highest, infinite and perfect good,  
worthy of all my love.  
In this love I intend to live and die. Amen.

**19. Act of Hope**

O Lord God, I hope by your grace for the pardon of all my sins,  
and after life here to gain eternal happiness  
because you have promised it  
who are infinitely powerful, faithful, kind, and merciful.  
In this hope I intend to live and die. Amen.

**20. Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thy intercession  
was left unaided.

Inspired by this confidence,  
I fly unto thee, O Virgin of virgins, my Mother.  
To thee do I come, before thee I stand,  
sinful and sorrowful.

O Mother of the Word Incarnate,  
despise not my petitions,  
but in thy mercy hear and answer me. Amen.

**21. The Anima Christi**

Soul of Christ, sanctify me;  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesus, hear me;  
Within your wounds hide me;  
Separated from you, let me never be;  
From the evil one, protect me;  
At the hour of my death, call me:  
And close to you bid me;  
That with your saints,  
I may be, praising you forever and ever. Amen.

**22. Peace Prayer**

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
Grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand,  
to be loved as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.

**23. 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 to the Scriptures.  
He ascended into heaven  
and is seated on 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.

**24: The Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

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.



V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.

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.

V. And the Word was made flesh.  
R. And dwelt among us.

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.

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the  
promises of Christ.

Let us pray:  
Pour forth, we beseech thee O Lord,  
thy grace into our hearts;  
that we to whom the Incarnation of Christ, Thy Son,  
was made known by the message of an angel,  
may by His Passion and Cross  
be brought to the glory of His Resurrection.  
Through the same Christ, our Lord. Amen

## **25. Queen of Heaven (*Regina Caeli*)**

Queen of Heaven, rejoice, alleluia.  
The Son whom you merited to bear,  
alleluia, has risen, as He said, alleluia.  
Pray for us to God, alleluia.  
Rejoice and be glad, O Virgin  
Mary, alleluia!  
For the Lord has truly risen, alleluia.

Let us pray:  
O God, who through the  
resurrection of your Son, our Lord Jesus Christ,  
did vouchsafe to give joy to the world;  
grant, we beseech you,  
that through his Mother, the Virgin Mary,

we may obtain the joys of everlasting life.  
Through the same Christ our Lord. Amen.

## **26. The Divine Praises**

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be Saint Joseph, her most chaste spouse.  
Blessed be God in His angels and in His saints.

## **27. The Canticle of Simeon**

Lord now you let your servant go in peace,  
your word has been fulfilled.  
My own eyes have seen the salvation  
which you prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory to your people, Israel.

## **28. Benedictus (Canticle of Zachary)**

Blessed be the Lord, the God of Israel;  
He has come to His people and set them free.  
He has raised up for us a mighty savior,  
born of the house of His servant David.

Through His holy prophets He promised of old  
that He would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember His holy covenant.

This was the oath He swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship Him without fear,  
holy and righteous in His sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare His way,  
to give His people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

### **29. The Magnificat**

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for He has looked with favor on His lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is His Name.

He has mercy on those who fear Him  
in every generation.

He has shown the strength of His arm,  
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich He has sent away empty.

He has come to the help of His servant Israel  
for He remembered His promise of mercy,  
the promise He made to our fathers,  
to Abraham and His children forever.

