

Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

Birth – Age 2

SIGN OF THE CROSS

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

Age 3 and 4

In addition to the item above:

GRACE BEFORE MEALS

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

GRACE AFTER MEALS

We give you thanks, almighty God, for these
and all your gifts which we have received
through Christ, O Lord. Amen.

Kindergarten

In addition to the items above:

MORNING PRAYER

O my God, I offer you this day, all I do and
think and say. In union with what was done,
on earth by Jesus Christ, your Son. Amen.

EVENING PRAYER

God, our Father, this day is done. We ask you
and Jesus Christ, your Son, that with the
Spirit, our welcome guest, you guard our sleep
and bless our rest. Amen.

GUARDIAN ANGEL

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.

Grade One

In addition to the items above:

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.

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.

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.

Grade Two

In addition to the items above:

ACT OF CONTRITION

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. (Traditional version)

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.
(Alternate version from the Rite of Penance)

MASS PRAYERS AND RESPONSES (Assembly's Responses)

Greeting

Priest: The Lord be with you.

Assembly: And with your spirit.

Penitential Act, Form A (Confiteor)

I confess to almighty God and to you, my
brothers and sisters, that I have greatly
sinned in my thoughts and in my words, in
what I have done and in what I have failed
to do, through my fault, through my fault,
through my most grievous fault; therefore I
ask blessed Mary ever-Virgin, all the angels
and saints, and you, my brothers and sisters,
to pray for me to the Lord our God.

Penitential Act, Form B

Priest: Have mercy on us, O Lord.

Assembly: For we have sinned against you.

Priest: Show us, O Lord, your mercy.

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Assembly: And grant us your salvation.

Gloria

Glory to God in the highest, and on earth
peace to people of good will. We praise you,
we bless you, we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty
Father. Lord Jesus Christ, Only Begotten
Son, Lord God, Lamb of God, Son of the
Father, you take away the sins of the world,
have mercy on us; you take away the sins of
the world, receive our prayer; you are seated
at the right hand of the Father, have mercy
on us. For you alone are the Holy One, you
alone are the Lord, you alone are the Most
High, Jesus Christ, with the Holy Spirit, in
the glory of God the Father. Amen.

Response to the Biblical Readings

First and Second Reading (at Conclusion)

Reader: The Word of the Lord.

Assembly: Thanks be to God.

Gospel (at Introduction)

Deacon, or Priest: The Lord be with you.

Assembly: And with your spirit.

Deacon, or Priest: A reading from the holy
Gospel according to N (name of Gospel writer).

Assembly: Glory to you, O Lord.

Gospel (at Conclusion)

Deacon, or Priest: The Gospel of the Lord.

Assembly: Praise to you Lord, Jesus Christ.

Prayer with the Priest over the Gifts

Assembly: May the Lord accept the sacrifice
at your hands for the praise and glory of his
name, for our good and the good of all his
holy Church.

Preface Dialogue

Priest: The Lord be with you.

Assembly: And with your spirit.

Priest: Lift up your hearts.

Assembly: We lift them up to the Lord.

Priest: Let us give thanks to the Lord
our God.

Assembly: It is right and just.

Preface Acclamation

Assembly: Holy, Holy, Holy Lord God of
hosts. Heaven and earth are full of your

glory. Hosanna in the highest. Blessed is he
who comes in the name of the Lord.
Hosanna in the highest.

Mystery of Faith (formerly Memorial Acclamation)

Priest: The mystery of faith.

Assembly (a): We proclaim your death, O
Lord, and profess your Resurrection until
you come again.

(or b): When we eat this Bread and drink
this Cup, we proclaim your death, O Lord,
until you come again.

(or c): Save us, Savior of the world, for
by your cross and Resurrection you have
set us free.

Litany at the Fraction Rite

Assembly: Lamb of God, you take away the
sins of the world, have mercy on us.

Lamb of God, you take away the sins of the
world, have mercy on us.

Lamb of God, you take away the sins of the
world, grant us peace.

Act of Humility

Priest: Behold the Lamb of God, behold
him who takes away the sins of the world.
Blessed are those called to the supper of
the Lamb.

Assembly: Lord, I am not worthy that you
should enter under my roof, but only say the
word and my soul shall be healed.

Sending

Deacon, or Priest (a): Go forth, the Mass
is ended.

(or b): Go and announce the Gospel of
the Lord.

(or c): Go in peace, glorifying the Lord
by your life.

(or d): Go in peace.

Assembly: Thanks be to God.

Grade Three

In addition to the items above:

NICENE-CONSTANTINOPOLITAN CREED (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

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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.

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 your mercy.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, 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 exile show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

Grade Four

In addition to the items above:

TEN COMMANDMENTS

1. I am the LORD your God. You shall worship the Lord your God and him only shall you serve.
2. You shall not take the name of the Lord

your God in vain.

3. Remember to keep holy the Sabbath 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.

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.

WORKS OF MERCY

Corporal

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

Spiritual

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

BEATITUDES (Mt 5:3-12)

1. Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.
2. Blessed are they who mourn, for they will be comforted.

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3. Blessed are the meek, for they will inherit the earth.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

MYSTERIES OF THE ROSARY

Joyful Mysteries

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- The Finding in the Temple

Grade Five

In addition to the items above:

MYSTERIES OF THE ROSARY

Sorrowful Mysteries

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

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 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.

SEVEN SACRAMENTS

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Penance and Reconciliation
5. Anointing of the Sick
6. Holy Orders

7. Matrimony

HOLY DAYS OF OBLIGATION

Solemnity of Mary Mother of God - January 1
Solemnity of the Ascension - Seventh Sunday of Easter

Solemnity of the Assumption of the Blessed Virgin - August 15

Solemnity of the Feast of All Saints - November 1

Solemnity of the Immaculate Conception - December 8

Solemnity of the Nativity of our Lord, Jesus Christ - December 25

The National Conference of Catholic Bishops decided at their November 1991 meeting that whenever January 1, the Solemnity of Mary Mother of God or August 15, the feast of the Assumption of the Blessed Virgin or November 1, the Feast of all Saints falls on a Saturday or a Monday, the precept to celebrate Mass is dispensed. The Congregation for Bishops confirmed the action on July 4, 1992. Although the obligation to celebrate Mass when these three holy days fall on a Saturday or Monday is abolished, parishes are to continue to observe these holydays by scheduling one or more Masses at a convenient time so that people who wish to participate are able to do so.

DEUTERONOMY 6:4-5 (Shema)

Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength.

Grade Six

In addition to the items above:

MYSTERIES OF THE ROSARY

Glorious Mysteries

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Coronation of Mary

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.

PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on

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Holy Days of Obligation and remain free from work or activity that could impede the sanctification of such days.

2. You shall confess your sins at least once a year.

3. You shall receive the Sacrament of the Eucharist at least during the Easter season.

4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church.

SELECTED MASS PRAYERS AND RESPONSES IN LATIN

Sanctus (Preface Acclamation)

Sanctus, Santus, Sanctus Dóminus Deus
Sábaoth. Pleni sunt caeli et terra glória tua.
Hosánnā in excélsis.
Benedictus qui venit in nómine Dómini.
Hosánnā in excélsis.

Misterium Fidei (Mystery of Faith)

a) Mortem tuam annuntiámus, Dómine, et tuam resurrectiónem confitémur, donec vénias.
or b) Quatioscúmque manduacámus panem hunc et cálicem bíbimus, mortem tuam annutiámus, Dómine,
donec vénias.
or c) Salvátor mundi, salva nos, qui per curcem et resurrectiónem tuam liberásti nos.

Agnus Dei (Litany at the Fraction Rite)

Agnus Dei, qui tollis peccáta mundi:
miseré nobis.
Agnus Dei, qui tollis peccáta mundi:
miseré nobis.
Agnus Dei, qui tollis peccáta mundi: dona nobis pacem.

Grade Seven

In addition to the items above:

ACT OF LOVE

O 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.

STATIONS OF THE CROSS

1. Jesus condemned to death

2. Jesus carries his cross
3. Our Lord falls the first time
4. Jesus meets his Mother
5. Simon the Cyrenean helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. The second fall of Jesus
8. Jesus consoles the women of Jerusalem
9. The third fall of Jesus
10. Jesus is stripped of his garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is laid in the tomb

MYSTERIES OF THE ROSARY

Luminous Mysteries

The Baptism of Jesus
The Wedding Feast of Cana
The Proclamation of the Kingdom, with the call to Conversion
The Transfiguration
The Institution of the Eucharist

SELECTED MASS PRAYERS AND RESPONSES IN LATIN

Glória (Gloria)

Glória in excelsis Deo. Et in terra pax homínibus bonae voluntátis. Laudámus te, benedíctimus te, adorámus te, glorificámus te, grátias ágimus tibi propter magnam gloriáriam tuam, Dómine Deus, Rex caeléstis, Deus Pater omnípotens. Dómine Fili unigénite, Iesu Christe, Dómine Deus, Agnus Dei, Fílius Patris, qui tollis peccáta mundi, miseré nobis; qui tollis peccáta mundi, súscipe deprecationem nostram. Qui sedes ad déxteram Patris, miseré nobis. Quóniam tu solus Sanctus, tu solus Dóminus, tu solus Altíssimus, Iesu Christe, cum Sancto Spíritu, in gloria Dei Patris. Amen.

Grade Eight

In addition to the items above:

VIRTUES

Cardinal

1. Prudence
2. Justice
3. Fortitude

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- 4. Temperance
- Theological**
- 1. Faith
- 2. Hope
- 3. Charity

PRINCIPLES OF CATHOLIC SOCIAL TEACHING

- 1. Life and Dignity of the Human Person
- 2. Call to Family, Community, and Participation
- 3. Rights and Responsibilities
- 4. Option for the Poor and Vulnerable
- 5. The Dignity of Work and the Rights of Workers
- 6. Solidarity
- 7. Care for God's Creation

JOHN 11:25-26A

Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die."

Grade Nine

In addition to the items above:

GIFTS OF THE HOLY SPIRIT

- 1. Wisdom
- 2. Understanding
- 3. Counsel
- 4. Fortitude
- 5. Knowledge
- 6. Piety
- 7. Fear of the Lord

MAJOR FEASTS OF THE BLESSED MOTHER

Mary, Mother of God - January 1

Immaculate Heart of Mary - Saturday after Sacred Heart of Jesus

Visitation of the BVM - May 31

Assumption - August 15

Nativity of the BVM - September 8

Immaculate Conception - December 8

Our Lady of Guadalupe - December 12

MAJOR FEASTS OF THE LORD

Nativity of the Lord - December 25

Holy Family - Sunday within the octave of Christmas or December 30 if no such

Sunday exists

Epiphany - Sunday between January 2 and January 8 inclusive

Baptism of the Lord - Sunday after January 6 unless that Sunday is Epiphany in which case the Baptism of the Lord is the next day

Presentation - February 2

Annunciation - March 25

Easter - First Sunday after the first full moon after March 21

Ascension - Seventh Sunday of Easter

Trinity - First Sunday after Pentecost

The Body and Blood of Christ - Second Sunday after Pentecost

Sacred Heart of Jesus - Friday after Body and Blood of Christ

Transfiguration - August 6

Triumph of the Cross - September 14

Christ the King - Last Sunday of Ordinary Time

PSALM 23

The LORD is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me; he revives my soul. He guides me along the right path, for the sake of his name. Though I should walk in the valley of the shadow of death, no evil would I fear, for you are with me. Your crook and your staff will give me comfort. You have prepared a table before me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. Surely goodness and mercy shall follow me all the days of my life. In the LORD's own house shall I dwell for length of days unending.

Grade Ten

In addition to the items above:

COME, HOLY SPIRIT

Come, O 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.

FRUITS OF THE HOLY SPIRIT

- 1. Charity
- 2. Joy
- 3. Peace
- 4. Patience
- 5. Kindness
- 6. Goodness

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- 7. Generosity
- 8. Gentleness
- 9. Faithfulness
- 10. Modesty
- 11. Self-control
- 12. Chastity

1 CORINTHIANS 13:4-8A

Love is patient, love is kind. It is not jealous, love is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.

Grade Eleven

In addition to the items above:

MAGNIFICAT (Canticle of Mary)

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 has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.

MATTHEW 28:16-20 (The Great Commission)

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

Grade Twelve

In addition to the items above:

BENEDICTUS (Canticle of Zechariah)

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. 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.

Adults

An adult is called to learn by heart all the basic prayers, formulas and practices indicated previously in the life cycle.

“In addition to the memorization of basic prayers and formulations of the faith, memorization of favorite psalms, songs, prayers, and poetry in praise of Christ our Savior is an effective form of catechesis that nourishes the human heart and helps to form the human spirit in Christ” (*National Directory for Catechesis* United States Conference of Catholic Bishops, 2003, 29F).