



St. Patrick Catholic Church Faith Formation

Prayers, Practices & Beliefs



Dear Parents,

At Baptism, you as parents agreed to be the primary teachers of faith to your children. We at St. Patrick's are here to assist you in this very important role. Parents are the foremost role models for their children, the examples given by the parents are the strongest lessons. Weekly Mass attendance, daily prayer, and reception of the sacrament of Reconciliation are all great examples of living your faith.

Prayers, Practices and Beliefs contain information about the Catholic faith that our children are essential to learn each year. The purpose of having our children learn these Prayers, Practices and Beliefs is to provide them with knowledge about their Catholic faith which will lead them to greater understanding.

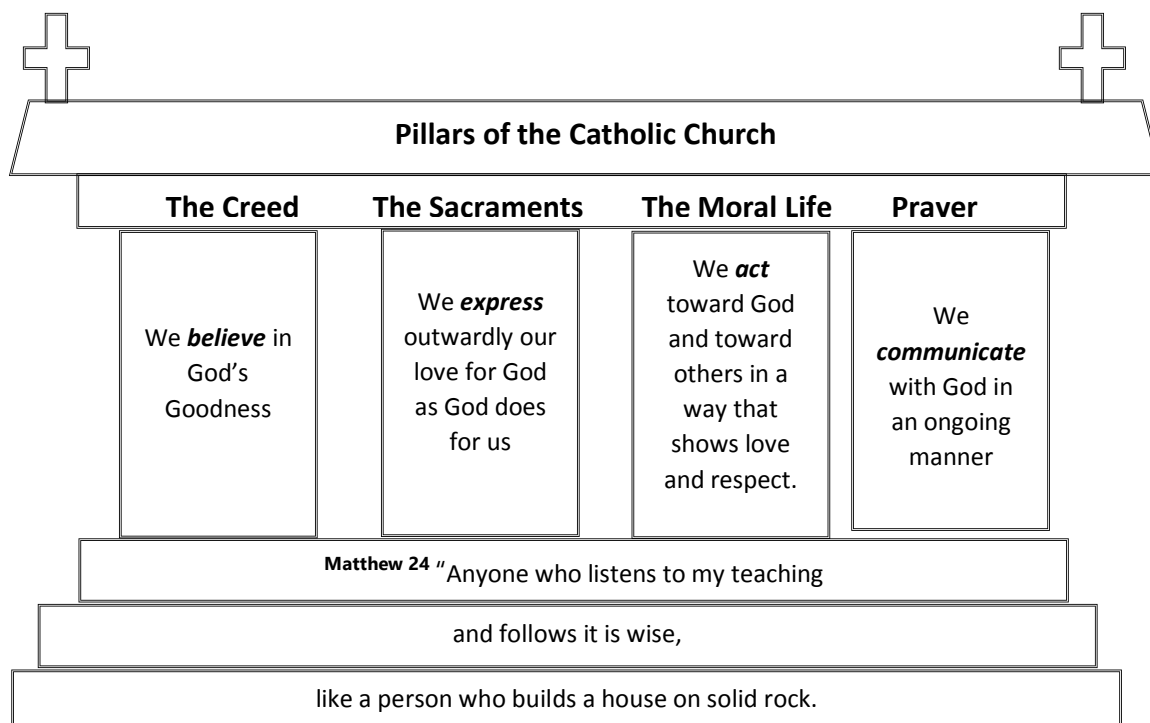
Children will be expected to learn the Prayers, Practices and Beliefs for their grade as well as for any previous grades. Families are asked to assist their child in learning these basic beliefs/goals at home.

God invites us into a relationship with Him that is both personal and communal. He speaks to us through His Son, Jesus Christ. Prayer is our response to God who is already speaking or, better yet, revealing Himself to us. Therefore, prayer is not merely an exchange of words, but it engages the whole person in a relationship with God the Father, through the Son, and in the Holy Spirit.

We look forward to growing together in our Faith and pray that the Holy Spirit guides us on our Faith journey!

Blessings

- Father Zach Kirangu, Pastor
- Faith Formation Team





St. Patrick Catholic Church Faith Formation

Prayers, Practices & Beliefs



Pre-K, Kindergarten, 1st Grade

- + The Sign of the Cross
- + The Lord's Prayer
- + Hail Mary
- + Glory Be
- + Grace before meals
- + Angel of God Prayer

2nd Grade

First Reconciliation & First Communion

All previous grade level prayers plus:

- + Act of Contrition
- + Two Main parts of the Mass
- + Two Main Parts of the Bible
- + Sacrament of Reconciliation
- + Sacrament of Eucharist
- + Great Commandment/New Commandment

3rd Grade

All previous grade level prayers plus:

- + Apostles Creed
- + Ten Commandments
- + The Saints
- + Locate Bible passages by book, chapter, verse
- + How to Pray the Rosary
- + The Fatima Prayer
- + Hail Holy Queen
- + The Rosary - Joyful Mysteries
- + The Order of the Mass (see last page)

4th Grade

All previous grade level prayers plus:

- + Spiritual Works of Mercy
- + Corporal Works of Mercy
- + The 7 Sacraments
- + The Rosary / Luminous Mysteries
- + Liturgical Calendar
- + Beatitudes

5th Grade

All previous grade level prayers plus:

- + Sacrament of Baptism
- + Sacrament of the Sick
- + Types of Sin
- + The Memorare
- + Stations of the Cross
- + The Rosary / Sorrowful Mysteries

6th Grade

All previous grade level prayers plus:

- + Holy Days of Obligation
- + Theological Virtues (introduce)
- + Cardinal Virtues (introduce)
- + The Rosary / Glorious Mysteries
- + Old Testament Books
- + New Testament Books

7th Grade*

All previous grade level prayers plus:

- + Gifts of the Holy Spirit
- + Fruits of the Holy Spirit
- + Prayer to the Holy Spirit
- + Steps to Making a Moral Decision
- + Sacrament of Reconciliation
- + Sacrament of Holy Orders

8th Grade

Confirmation

All previous grade level prayers plus:

- + Precepts of the Church
- + Sacrament of Marriage
- + Sacrament of Holy Orders

* 7TH & 8TH Grade are designed as preparation for Confirmation. We will be using the **Chosen** program for our confirmation candidates



St. Patrick Catholic Church Faith Formation

Prayers, Practices & Beliefs



Prayers Introduced: Pre-K, Kindergarten, 1st Grade

+ The Sign of the Cross

In the name of the Father, & of the Son & 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.

+ The Hail Mary

Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, & blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now & at the hour of our death. Amen.

+ The 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.

+ 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. Or, for smaller children:

Thank you God, for the food I eat, vegetables, fruit, bread and meat. Food tastes good and helps me grow, from my head down to my toes. Thank you God for helping me grow.

+ The 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

Prayers/Beliefs & Practices Introduced 2nd Grade

+ The Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong & 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. Amen.

+ The Two Main Parts of the Mass

- Liturgy of the Word
- Liturgy of the Eucharist

+ The Two Main Parts of the Bible

- The Old Testament
- The New Testament

+ Sacrament of Reconciliation

- In the Sacrament of Reconciliation (Penance), our sins are forgiven by a priest in the name of Christ and the Church and through the power of the Holy Spirit.

+ Sacrament of Eucharist

- In the Sacrament of the Eucharist, Jesus is truly present under the appearances of bread and wine.

+ Great Commandment – New Commandment

**YOU SHALL LOVE THE LORD YOUR GOD WITH
ALL YOUR HEART AND WITH ALL YOUR SOUL
AND WITH ALL YOUR MIND**

THIS IS THE FIRST AND GREATEST COMMANDMENT
AND THE SECOND IS LIKE IT:

LOVE YOUR NEIGHBOR AS YOURSELF.

ALL THE LAW AND THE PROPHETS HANG ON THESE



St. Patrick Catholic Church Faith Formation

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Prayers/Teaching introduced and learned in 3rd Grade

+ 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; the third day He arose again from the dead; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from thence He shall 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 Ten 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 Saints

Saints are people the Church has officially declared to have lived holy lives through their commitment to faith and love. We are all called to be saints.

+ Locate Bible passages by book, chapter, verse

For example: Genesis 1:13-14 Genesis is the name of the book in the Bible; the number before the colon stands for the chapter; the number (s) after the colon stands for the verse (s)

+ How to Pray the Rosary

Begin the rosary with the Sign of the Cross.

Recite the Apostles' Creed.

Pray one Our Father,

Three Hail Mary's,

One Glory B

Fatima Prayer

To pray each decade, meditate on the mystery saying the Our Father on the large single bead and a Hail Mary on each of the ten smaller beads. Close each decade by praying the Glory Be and Fatima Prayer.

Pray the Hail, Holy Queen as the last prayer of the rosary.

+ Fatima Prayer

Oh my Jesus, forgive us our sins, save us from the fire of hell; lead all souls to heaven especially those who are in most need of your mercy. Amen.

+ 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 us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

Pray for us oh Holy Mother of God, that we may be worthy of the promises of Christ

+ The Rosary: Joyful Mysteries

✚ The Annunciation (Luke 1: 26-38; John 1:14)

✚ The Visitation (Luke 1:39-56)

✚ The Nativity (Luke 2:6-20; Matthew 1:18-25)

✚ The Presentation (Luke 2:22-39)

✚ The Finding of Jesus in the Temple (Luke 2:41-51)

Live simply so that all may simply live

-- St. Elizabeth Ann Seton



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Prayers, Practices & Beliefs



Prayers/Teaching introduced and learned in 4th Grade

+Spiritual Works of Mercy

- Instruct
- Comfort
- Forgive
- Console
- Advise
- Bear wrongs patiently

+ Corporal Works of Mercy

- Feed the hungry
- Visit the sick and imprisoned
- Shelter the homeless
- Bury the dead
- Clothe the naked
- Give alms to the poor



+ The 7 Sacraments

- Baptism
- Eucharist
- Confirmation

Sacraments of Initiation

- Reconciliation
- Anointing of the Sick

Sacraments of Healing

- Matrimony
- Holy Orders

Sacraments of Service

+The Rosary: Luminous Mysteries

- The Baptism in the Jordan
(Matthew 3:11-17; Luke 3:15-22; John 1:22-34)
- The Miracle at Cana
(John 2: 1-12)
- The Proclamation of the Kingdom of God
(Mark 1:14-15; Matthew 5:1-8; Matthew 6:33; Matthew 7:21)
- The Transfiguration
(Luke 9:28-36; Matthew 17:1-8)
- The Institution of the Eucharist
(Matthew 26:26-28; John 6: 33-59)

+ Seasons of the Liturgical Calendar

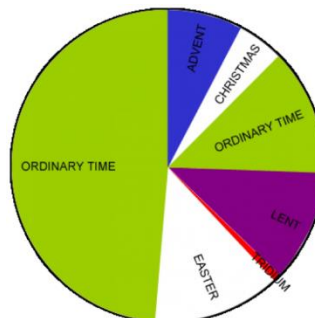
Advent: 4 weeks of preparation before the celebration of Jesus' birth

Christmas: recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world

Lent: a six-week period of penance before Easter

Sacred Paschal Triduum: the holiest "Three Days" of the Church's year, where Christian people recall the suffering, death, and resurrection of Jesus
Easter - 50 days of joyful celebration of the Lord's resurrection from the dead and his sending forth of the Holy Spirit

Ordinary Time - divided into two sections (one span of 4-8 weeks after Christmas Time and another lasting about six months after Easter Time), wherein the faithful consider the fullness of Jesus' teachings and works among his people.



+ Beatitudes

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are the meek; for they shall possess the land.
- Blessed are they that mourn; for they shall be comforted.
- Blessed are those who hunger and thirst for justice, for they shall have their fill.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure of heart, for they shall see God.
- Blessed are the peacemakers; for they shall be called the children of God.
- Blessed are those who are persecuted for justice sake; for theirs is the kingdom of heaven.



St. Patrick Catholic Church Faith Formation

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Prayers/Teaching introduced and learned in 5th Grade

+ Sacrament of Baptism

Baptism frees us from Original Sin and is necessary for salvation. We are called to be Priest, Prophet and King.

+ Sacrament of the Sick

The Sacrament of the Sick helps unite those who are suffering with Jesus' saving and healing power.

+ Types of Sin

After we are baptized and the stain or Original Sin is washed away, **all sins** are a result of **our choices**. There are 2 types of sin:

Venial – a deliberate act, of minor consequence.

Mortal – a grave matter, committed deliberately and full understanding it is wrong.

+ The 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 I come, before thee I stand, sinful & sorrowful. O Mother of the Word Incarnate despise not my petitions, but in thy mercy hear & answer me. Amen.

MAY THE STRENGTH OF GOD
PILOT US,
MAY THE WISDOM OF GOD
INSTRUCT US,
MAY THE HAND OF GOD
PROTECT US,
MAY THE WORD OF GOD
DIRECT US.

- SAINT PATRICK

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CROSSING

+ The Stations of the Cross

1. Pilate condemns Jesus to die
2. Jesus accepts his cross
3. Jesus falls for the first time
4. Jesus meets his mother, Mary
5. Simon helps carry the cross
6. Veronica wipes the face of Jesus
7. Jesus falls for the 2nd time
8. Jesus meets the women of Jerusalem
9. Jesus falls for the third time
10. Jesus is stripped of his clothes
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is placed in the tomb



+ The Rosary: Sorrowful Mysteries

- The Agony in the Garden
(Matthew 26:36-46; Mark 14:32-42; Luke 22: 39-46)
- The Scourging at the Pillar (Matthew 27:26)
- The Crowning with Thorns
(Matthew 27:29-30; Mark 15:16-20; John 1:2-3)
- The Carrying of the Cross
(Matthew 27:31-32; Mark 15:21; Luke 23:26-32)
- The Crucifixion
(Matthew 27:33-54; Mark 15:22-39; Luke 23:33-47; John 19:17-37)



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Prayers/Teaching Introduced and learned in 6th Grade

+ Holy Days of Obligation

Holy Days of obligation (other than Sunday):

January 1—Mary, Mother of God

Fortieth day after Easter—Ascension

August 15—Assumption of the Blessed Virgin Mary

November 1—All Saints

December 8—Immaculate Conception

December 25—Nativity of Our Lord Jesus Christ

+ Theological Virtues

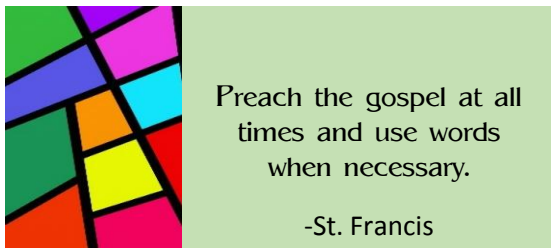
The 3 most important virtues come from God;
that lead us to a closer relationship with Him:

- Faith
- Hope
- Love

+ Cardinal Virtues

The cardinal virtues are human virtues, inspired
by education and good actions.

- Prudence
- Justice
- Fortitude
- Temperance



+ The Rosary: The Glorious Mysteries

- The Resurrection
(Matthew 28: 1-10; Mark 16: 1-18; Luke 24: 1-49; John 20:1-29)
- The Ascension (Mark: 16: 19-20; Luke 24: 50-51; Acts 1: 6-11)
- The Coming of the Holy Spirit (Acts 2: 1-41)
- The Assumption (Revelation 12:1)
- The Coronation of Mary as Queen of Heaven
(Revelation 12:1)

+ Books of the Old Testament

The first 46 books of the Bible, telling of God's covenant with the people of Israel and his plan for the salvation of all people.

[Preface](#)

[THE PENTATEUCH](#)

[Genesis](#) : [Exodus](#) : [Leviticus](#) : [Numbers](#) : [Deuteronomy](#)

[HISTORICAL INTRODUCTION](#)

[Joshua](#) : [Judges](#) : [Ruth](#) : [1 Samuel](#) : [2 Samuel](#)

[1 Kings](#) : [2 Kings](#) : [1 Chronicles](#) : [2 Chronicles](#)

[Ezra](#) : [Nehemiah](#)

[BIBLICAL NOVELLAS](#)

[Tobit](#) : [Judith](#) : [Esther](#) : [1 Maccabees](#) : [2 Maccabees](#)

[WISDOM BOOKS](#)

[Job](#) : [Psalms](#) : [Proverbs](#) : [Ecclesiastes](#)

[Song of Songs](#) : [Wisdom](#) : [Sirach](#)

[PROPHETIC BOOKS](#)

[Isaiah](#) : [Jeremiah](#) : [Lamentations](#) : [Baruch](#)

[Ezekiel](#) : [Daniel](#) : [Hosea](#) : [Joel](#) : [Amos](#) : [Obadiah](#)

[Jonah](#) : [Micah](#) : [Nahum](#) : [Habakkuk](#) : [Zephaniah](#)

[Haggai](#) : [Zechariah](#) : [Malachi](#)

+ Books of the New Testament

The 27 books of the second part of the bible that tell of the teaching, ministry and saving events of the life of Jesus.

[THE GOSPELS](#)

[Matthew](#) : [Mark](#) : [Luke](#) : [John](#) : [Acts of the Apostles](#)

[NEW TESTAMENT LETTERS](#)

[Romans](#) : [1 Corinthians](#) : [2 Corinthians](#)

[Colossians](#) : [1 Thessalonians](#) : [2 Thessalonians](#)

[1 Timothy](#) : [2 Timothy](#) : [Titus](#)

[Philemon](#) : [Hebrews](#)

[CATHOLIC LETTERS](#)

[James](#) : [1 Peter](#) : [2 Peter](#) : [1 John](#) : [2 John](#) : [3 John](#)

[Jude](#) : [Revelation](#)



St. Patrick Catholic Church Faith Formation

Prayers, Practices & Beliefs



Prayers/Teaching Introduced and learned in 7th Grade

+Gifts of the Holy Spirit

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Fear of the Lord
- Piety

+Fruits of the Holy Spirit

- Love
- Kindness
- Self Control
- Joy
- Generosity
- Peace
- Faithfulness
- Patience
- Gentleness

+Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you will renew the face of the earth.

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

+ Steps to making a Moral Choice

1. Ask the Holy Spirit for help
2. Think about God's law and the teachings of the Church.
3. Think about what will happen as a result of your choice – will the consequences be pleasing to God? Will my choice hurt someone else?
4. Seek advice from someone you respect and remember that Jesus is with you.
5. Ask yourself how your choice will affect your relationship with God and others.

+ Sacrament of Reconciliation

The Sacrament of Reconciliation, one of the two Sacraments of Healing, is an encounter with Jesus that forgives sins and restores us to grace

+ Sacrament of Anointing the Sick

The sacrament that helps unite those who are suffering with Jesus' saving and healing power is the Anointing of the Sick



The **Holy Spirit** allows us
to see others with fresh eyes,
seeing them always as brothers and
sisters in Jesus,
to be respected and loved.

-- Pope Francis--



St. Patrick Catholic Church Faith Formation

Prayers, Practices & Beliefs



Prayers/Teaching Introduced and learned in 8th Grade

+ Precepts of the Catholic Church

Each of these precepts of the Catholic Church is a requirement. Together with the Ten Commandments, they represent the minimum level of moral living.

Intentional violation of the precepts or the Commandments is a *grave matter*, meaning a mortal sin.

1. *You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.*
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*

All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor

+Sacrament of Marriage

The Sacrament of Marriage is a covenant, which is more than a contract. Covenant always expresses a relationship between persons. The marriage covenant refers to the relationship between the husband and wife, a permanent union of persons capable of knowing and loving each other and God. The celebration of marriage is also a liturgical act, appropriately held in a public liturgy at church. Catholics are urged to celebrate their marriage within the Eucharistic Liturgy.

+Sacrament of Holy Orders

Catholic men who “take Holy Orders” receive a special sacrament called *Holy Orders*, which creates the hierarchy of deacon, priest, and bishop. These men (who are ordained by a bishop by means of that sacrament) serve the spiritual needs of others in the Catholic Church

You did not choose me
but **I chose you**
and appointed you
so that you might go
and bear fruit
fruit that will last
and so that whatever
you ask in my name
the Father will give you.

John 15:16 NIV





St. Patrick Catholic Church Faith Formation

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THE ORDER OF THE MASS

Introductory Rite – We Offer our Prayer

- Greeting/Opening Prayer --> We gather as community to celebrate God's presence in our lives.
- Penitential Rite --> We acknowledge our sinfulness and ask for God Mercy
- Kyrie --> We pray for God's forgiveness
- Gloria --> We sing praise that truly gives Glory to God
- Collect --> Collects the prayers of those gathered

Liturgy of the Word

- First Reading --> Usually from the Old Testament or Acts of the Apostles
- Responsorial Psalm --> We respond to God's word in the Psalm (usually sung)
- Second Reading --> We listen to God's word from the books of the New Testament
- Gospel Acclamation --> We sing praise and open our hearts to hear the Gospel
- Gospel --> We listen to a reading from one of the Gospels
- Homily --> We listen as Priest or Deacon explains God's Word
- Profession of Faith --> We proclaim our faith and what we believe
- Prayers of the Faithful --> We pray for the needs of ourselves and others

Liturgy of the Eucharist

- Presentation --> Gifts are brought to the altar
- and Preparation of the Gifts --> The altar is prepared
- Eucharistic Prayer/Preface --> The Priest offers Prayer of Thanksgiving
- Holy, Holy, Holy --> We are all called to pray in praise of God
- Consecration --> Through the power of the Holy Spirit, and actions and prayer of the Priest, the bread and wine become the Body and Blood of Jesus Christ
- Mystery of Faith --> We remember all that Jesus has done to save us
- The Lord's Prayer --> We pray to be united with Christ
- Sign of Peace --> We pray that we may be united with each other through Christ
- Lamb of God --> We ask the Lamb of God, who takes away our sins, to give us peace
- Communion --> We receive the Body (and Blood) of Christ
- Prayer after Communion --> After silent prayer, the Priest leads Prayer after Communion

Concluding Rites

- Greeting and Blessing --> The Priest offers a final blessing
- Dismissal --> We are sent to Glorify the Lord by loving and serving Him in one another