

## IC-SJ School - Prayers, Basic Beliefs, and Practices

Following is a list of prayers, basic beliefs, and practices for each grade. Hopefully this will help you as you assist your child in his/her religious practices. Please know that prayers may be introduced at one grade level and students may not be expected to have them memorized until the next year. However, know that the students are expected to have an understanding of the content of these prayers and they will be part of prayer at school. We encourage and expect you to pray with your child at home. \* means mastery expected by the end of the year for that grade.

### Kindergarten

- Sign of the Cross\*
- Genuflection\*
- Folded Hands for Prayer\*
- Our Father
- Hail Mary
- Prayer Before Meals

### Grade 1

- Sign of the Cross\*
- Prayer Before a Meal\*
- Glory Be\*
- Our Father
- Hail Mary
- Morning Prayer

### Grade 2

- Our Father\*
- Hail Mary\*
- Act of Contrition\*
- Morning Prayer
- Rosary
- Communion Fast
- Ten Commandments

### Grade 3

- Apostles Creed\*
- Act of Contrition\*
- Morning Prayer
- The Greatest Commandment
- Rosary

### Grade 4

- Seven Sacraments\*
- Ten Commandments\*
- Morning Prayer\*
- The Greatest Commandment
- Beatitudes
- Mysteries of the Rosary
- Acts of Faith, Hope, and Love

### Grade 5

- Seven Sacraments\*
- The Greatest Commandment\*
- John 3:16\*
- Beatitudes
- The Laws (Precepts) of the Church

### Grade 6

- Corporal Works of Mercy\*
- Spiritual Works of Mercy\*
- Beatitudes
- Four Gospels
- Way of the Cross/Stations
- Prayer of St. Francis
- Fruits of the Holy Spirit
- Gifts of the Holy Spirit
- Mary's Prayer (Magnificat)
- Memorare

### Grade 7

- Nicene Creed\*
- Beatitudes\*
- Come Holy Spirit (Prayer of the Holy Spirit)\*
- Angelus
- Holydays of Obligation
- Regulations for Fast and Abstinence

### Grade 8

- Holydays of Obligation\*
- Precepts of the Church\*
- Psalm 23
- Parts of the Mass
- Liturgical Year
- Regulations for Fast and Abstinence
- Confiteor
- Hail Holy Queen

## **Prayers, Basic Beliefs, and Practices**

### Sign of the Cross

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

### Our Father

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 and 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.

### Prayer before a meal

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

### Prayer after a meal

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

### Morning prayer

God, my Father, I give you today all that I think and do and say. I'll work and study, have fun and pray. Jesus be with me all through the day. Amen.

### Act of Contrition

O my God, I am sorry for my sins. In choosing to sin and failing to do good I have sinned against You and Your Church. I firmly intend, with the help of Your Son, to make up for my sins and to love as I should.

### Mysteries of the Rosary

#### Joyful

- The Annunciation
- The Visit of Mary to Elizabeth
- The Birth of Jesus
- The Presentation of Jesus in the Temple
- The Finding of Jesus in the Temple

#### Sorrowful

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

### Glorious

- The Resurrection of Jesus
- The Ascension of Jesus into Heaven
- The Descent of the Holy Spirit upon the Apostles (Pentecost)
- The Assumption of Mary into Heaven
- The Crowning of Mary as Queen of Heaven

### Communion Regulations

To receive Holy Communion a person must:

- be in the state of grace
- have the right intention and
- observe the Communion fast

### Communion Fast

You must not eat anything or drink any liquid (other than water) one hour before the reception of Communion. Exceptions are/can be made for the sick and elderly as needed.

### Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
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 anything that belongs to your neighbor.

### Apostles' Creed

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 Great Commandments

1. You shall love the Lord your God with all heart, with all your soul, with all your mind, and with all your strength.
2. You shall love your neighbor as yourself. (Matthew 22:37-39)

### The Greatest Commandment

A new commandment I give you: love one another. As I have loved you, so you must love one another. (John 13:34).

### John 3:16

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

### Beatitudes (Matthew 5:1 -10)

- Happy are the poor in spirit, the reign of God is theirs.
- Happy, too, are the sorrowing, they will be comforted.
- Happy are the gentle, they will receive all that God has promised.
- Happy are those who hunger and thirst for justice, they will be satisfied.
- Happy also are those who show mercy to others, they will receive mercy.
- Happy are the single-hearted, they will see God.
- Happy are the peacemakers, they will be called the children of God.
- Happy are those who are treated unfairly for doing what is right, the reign of God is theirs.

### Seven Sacraments

- Baptism
- Confirmation
- Eucharist
- Reconciliation
- Matrimony
- Holy Orders
- Anointing of the Sick

### Memorare

Remember O most gracious Virgin Mary, that never was it known, that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired with this confidence, I fly to you, O Virgin of virgins, our Mother. To you we come, before you we kneel, sinful and sorrowful. O Mother of the Word made flesh, do not despise our petitions, but in your mercy, hear and answer them. Amen

### Come Holy Spirit - Prayer to the 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.

### The Precepts (Laws) of the Church

1. Celebrate Christ's resurrection every Sunday (or Saturday evening) and on holy days of obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of Reconciliation, regularly. Receive Holy Communion at least once in the Lent-Easter season. Confess within a year, any serious or mortal, sin committed.
3. Study Catholic teaching throughout life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the Church: one's own parish, the worldwide Church, and the Holy Father.

6. Do penance, including not eating meat and fasting from food on certain days.
7. Join in the missionary work of the Church.

### Corporal Works of Mercy

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

### Spiritual Works of Mercy

1. Give correction to those who need it.
2. Share our knowledge with others
3. Give advice to those who need it
4. Comfort those who suffer
5. Be patient with others
6. Forgive those who hurt us
7. Pray for the living and the dead

### Magnificat, Mary's Prayer

My being proclaims the greatness of the Lord, my spirit finds joy in God my savior. For he has looked upon his servant in all her lowliness. All ages to come shall call me blessed. God who is mighty has done great things for me, holy is his name; his mercy is from age to age on those who fear him. He has shown might with his arm; he has confused the proud in their inmost thoughts. He has deposed the mighty from their thrones and raised the lowly to high places. The hungry he has given every good thing while the rich he has sent empty away. He has upheld Israel his servant, ever mindful of his mercy; even as he promised our fathers, promised Abraham and his descendants forever.

### Prayer of St. Francis

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.

O Divine Master, grant that I may not seek so much to be consoled as to console; to be understood as to understand, to be loved as to love. For it is giving that we receive, it is in pardoning that we are pardoned and it is in dying that we are born to eternal life. Amen.

### Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Knowledge
4. Right Judgment
5. Courage
6. Reverence
7. Wonder and Awe

### Fruits of the Holy Spirit

- Joy
- Patience
- Goodness
- Charity
- Faithfulness
- Generosity
- Peace
- Kindness
- Gentleness
- Self-control
- Modesty
- Chastity

### Nicene Creed

We believe in God the Father Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten not made, one in Being with the Father. Through him all things are made. For us and for our salvation he came down from heaven; by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died and was buried. On the third day he rose again in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy, Catholic and Apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

### Four Gospels

Matthew, Mark, Luke, and John

### Way of the Cross - The Stations

1. Jesus is condemned to die.
2. Jesus accepts the cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon takes the cross from Jesus.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls 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.
15. Jesus rises from the dead.

### Holidays of Obligation

- Solemnity of Mary - January 1
- Ascension Thursday - 40 days after Easter
- The Assumption of Mary - August 15
- All Saints Day - November 1
- The Immaculate Conception - December 8
- Christmas- December 25

### Regulations for Fast and Abstinence

- To **Fast** means to keep from eating; one main meal with two small, simple meals and no snacking between meals
- To **Abstain** means to refrain from eating meat.
- In the United States, Ash Wednesday and Good Friday are days of fast and abstinence, and all Fridays of Lent are days of abstinence.
- The obligation to abstain from meat binds all Catholic 14 years of age and older. The obligation to fast, limiting oneself to one full meal and two lighter meals in the course of a day, binds Catholics from the ages of 21 to 59.

### Hail Holy Queen

Hail Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then O 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. (Response:) That we may be made worthy of the promises of Christ.

### Psalm 23

The Lord is my Shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side. With your rod and staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come.

### Confiteor

I confess to almighty God and to you, my brothers and sisters that I have sinned through my own fault, in my thoughts and in my words, in what I have failed to do. And 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. May almighty God have mercy on us, forgive us our sins and bring us to life everlasting. Amen

### Liturgical Year

- Advent-Christmastime (Christmas day until Sunday after Epiphany)
- Ordinary Time
- Lent (Ash Wednesday until Holy Saturday)
- Eastertime (Easter Sunday until Pentecost, 50 days after Easter)
- Ordinary Time

### **Prayer of the Mass** - The Greatest Prayer

#### Introductory Rites

- Gathering Song
- Greeting
- Penitential Rite
- Gloria
- Opening Prayer

#### Liturgy of the Word

- First Reading (usually taken from Hebrew Scriptures)
- Responsorial
- Second Reading (usually taken from one of the letters of the Christian Scriptures)
- Alleluia or Gospel Acclamation

- Gospel (taken from one of the four Gospels and read by priest or deacon)
- Homily (an explanation of the readings)
- Profession of Faith ( Creed)
- General Intercessions (Prayers of the Faithful)

#### Liturgy of the Eucharist

- Preparation and presentation of gifts
- Prayer over gifts
- Eucharistic Prayer (during this prayer the bread and wine become the body and blood of Jesus)

#### Communion Rite

- The Lord's prayer
- Sign of Peace
- Breaking of the Bread
- Reception of Communion
- Prayer after Communion

#### Concluding Rite

- Greeting
- Blessing
- Dismissal