

Required Prayers – 7th through 12th Grade

Sign of the Cross

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

To the Guardian Angel (Angel of God)

Angel sent by God to guide me,
be my light and walk beside me;
be my guardian and protect me;
in the paths of life direct me.
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.

Prayer Before Meals

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

Morning Offering

God, our father,
I offer you today
all that I think and do and say.
I offer it with what was done on earth
by Jesus Christ, your Son.
Amen.

Seven Sacraments

Sacrament of Baptism
Sacrament of First Reconciliation
Sacrament of First Eucharist
Sacrament of Confirmation
Sacrament of Marriage
Anointing of the Sick
Sacrament of Holy Orders

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 After Meals

We give you thanks
for all your gifts,
almighty God,
living and reigning
now and for ever.
Amen.

Act of Contrition

O my God,
I am heartily sorry for having offended You,
and I detest all of my sins,
because I dread the loss of heaven,
and the pains of hell;
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 confess my sins, to do penance,
and to amend my life.
Amen.

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The 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 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 forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

Holy Days of Obligation

- January 1st – Mary, Mother of God
- 40 days after Easter – Ascension
- August 15th – Assumption of the Blessed Virgin Mary
- November 1st – All Saints
- December 8th – Immaculate Conception
- December 25th – Nativity of Our Lord Jesus Christ

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.

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 those whom
I have injured. Amen.

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.

Mysteries of the Rosary

Joyful

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

Luminous

- The Baptism of Jesus in the River Jordan
- The Wedding Feast at Cana
- The Proclamation of the Kingdom of God
- The Transfiguration of Jesus
- The Institution of the Eucharist

Sorrowful

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

Glorious

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

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
can neither deceive nor be deceived. Amen.

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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 who mourn: for they shall be comforted.
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the clean of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called the children of God.
- Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.

Angelus

Verse: The angel of the Lord declared unto Mary.

Response: And she conceived of the Holy Spirit.

Hail Mary...

Verse: Behold the handmaid of the Lord.

Response: May it be done unto me according to your word."

Hail Mary...

Verse: And the Word was made flesh

Response: and dwelt among us.

Hail Mary...

Verse: Pray for us, O holy Mother of God,

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

Let us pray.

Lord,

Fill our hearts with your grace: once, through the message of an angel you revealed to us the incarnation of your Son;

now, through his suffering and death

lead us to the glory of his resurrection.

We ask this through Christ our Lord.

Amen.

Come, Holy Spirit

Call: Come, Holy Spirit, fill the hearts of your faithful.

Response: And kindle in them the fire of your love.

Call: Send forth your Spirit and they shall be created.

Response: And you will renew the face of the earth.

Let us pray.

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.

Memorare

Remember, most loving Virgin Mary,
Never was it heard that anyone who
Turned to you for help was left unaided.
Inspired by this confidence, though
burdened by my sins, I run to your
protection for you are my mother.
Mother of the Word of God, do not
despise my words of pleading but be
merciful and hear my prayer. Amen.

Corporal Works of Mercy

The Corporal Works of Mercy are the kind of acts by which we help our neighbors with their material and physical needs:

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

Spiritual Works of Mercy

The Spiritual Works of Mercy are acts of compassion by which we help our neighbors with their emotional and spiritual needs:

- ❖ Instruct.
- ❖ Advise.
- ❖ Console.
- ❖ Comfort.
- ❖ Forgive.
- ❖ Bear wrongs with patience.

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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 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.