



Holy Family Parish

Catholic Prayers and Tenets



The foundation of our prayer life as Catholics comes through out formal prayers. This prayer life begins in the home. We encourage parents to embrace their call as the first teachers of their children in the faith by working with their children to learn these formal prayers and tenets. Prayers are reinforced at Holy Family Parish and in our Faith Formation program. It is recommended that prayers and tenets be learned by the grade level indicated in this booklet.

Catholic Prayers and Tenets

Grade PreK - K

Prayers

The Sign of the Cross

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

A Morning Offering

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

Blessing Before Meals

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

Concepts

Begin to understand that God created
the world because he loves us. (creation)

Begin to understand that God created me, others and all I see.

Introduction to the members of the Holy Family

Who is the Mary, and why is she special to us?

Tell me about the Golden Rule. What is it, and why did Jesus give it to us?

How do we show God respect when we are in Mass?

When we pray, who do we talk to?

When should we pray? Why?

How can I show that I love God?

Catholic Prayers and Tenets

Grade 1

Prayers

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.

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.

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.

Concepts

The Bible - The word of God

Two parts of the Bible- Old Testament and New Testament

Three persons of the Trinity- Father, Son, Holy Spirit

The Church- The community of the People of God

Why did God make you? - God made me to know Him, to love Him, and to serve Him in this world, and to be happy with Him forever in heaven.

Law of Love- "This is my commandment: love one another as I love you." John 15:12

Catholic Prayers and Tenets

Grade 2

Prayers

Angel Guardian

Angel of God,
my guardian dear,
to whom God's love
commits me here,
ever this day (night)
be at my side,
to light and guard,
to rule and guide. Amen.

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.

OR

Act of Contrition

Dear God,
I am sorry for all my sins.
I am sorry for the wrong things
I have done.
I am sorry for the good things
I have failed to do.
I will try to do better.
Help me to show your love.
Amen.

Concepts

Name of the Parish and Priest - Holy Family Parish/ Father Bill Roush/Deacon Derick Cranston

Name of the Pope and Bishop - Pope Francis/ Bishop Thomas Zinkula (Diocese of Davenport)

The Seven Sacraments - Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders, Anointing of the Sick

Special Things in the Church - Holy Water Font, Pew, Presider's Chair, Sanctuary, Altar, Ambo, Crucifix, Processional Cross, Sacristy, Vestments, Stole, Corporal, Purificator, Chalice, Paten, Cruet, Ciborium, Pyx, Tabernacle, Monstrance, Book of Gospels, Lectionary, Roman Missal, Paschal Candle, Baptismal Pool/Font, Sanctuary Lamp

The Great Commandment- "You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbor as yourself." Luke 10:27

- 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.

Catholic Prayers and Tenets

Grade3

Prayers

Act of Faith, Hope, and Love

My God, I believe in you,
I trust in you,
I love you above all things,
with all my heart and mind and strength.
I love you because you are supremely good and worth loving;
and because I love you,
I am sorry with all my heart for offending you.
Lord, have mercy on me, a sinner. Amen.

Fatima

*O my Jesus, forgive us our sins; save us from the fires of hell.
Lead all souls to Heaven, especially those most in need of Your mercy.
Amen.*

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 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 our exile, show unto us the blessed fruit of your womb, Jesus, O
merciful, O loving, O sweet Virgin Mary! Amen.

Concepts

The Liturgical Year- Advent, Christmas, Ordinary Time, Lent, Tricium, Easter,
Ordinary Time

The five forms of prayer - Adoration: return love and care God gives us by adoring and worshiping Him
Petition: ask for God's help and /or forgiveness
Intercession: ask for God's help for other people
Thanksgiving: thank God for all the good things he gives us
Praise: show that we are amazed by God's greatness

The Fruit of the Spirit- love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control

The Rosary - Know the names of the prayers said on each bead of the rosary. The Sign of the
Cross The Apostles'
Creed Our Father
Hail Mary
Glory Be
Fatima Prayer
Hail Holy Queen

Catholic Prayers and Tenets

Grade 4

Prayers

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 will be created,

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.

Prayer to St. Michael

Saint 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 Host-

By the Divine Power of God-

Cast into hell, Satan and all the evil spirits,

Who roam throughout the world seeking the ruin of souls. Amen.

Concepts

Order of Mass -

Introductory Rites: Opening Procession, Greeting, Penitential Act, Gloria, Collect (Opening Prayer)

The Liturgy of the Word: First Reading, Responsorial Psalm, Second Reading, The Gospel Acclamation and Gospel,

Homily, Profession of Faith (Creed), Prayer of the Faithful (The Universal Prayer)

The Liturgy of the Eucharist: The Preparation of the Gifts, The Eucharistic Prayer, The Communion Rite

Concluding Rites: Announcements, Blessing, Dismissal, Recessional

The Mysteries of the Rosary -

Joyful Mysteries (Monday & Saturday)

The Annunciation of the Lord to Mary

The Visitation of Mary to Elizabeth

The Nativity of our Lord Jesus Christ

The Presentation of our Lord

Finding Jesus in the Temple at age 12

Glorious Mysteries (Wednesday & Sunday)

The Resurrection of Jesus Christ

The Ascension of Jesus to Heaven

The Coming of the Holy Spirit

The Assumption of Mary into Heaven

Mary Crowned Queen of Heaven & Earth

Sorrowful Mysteries (Tuesday & Friday)

The Agony of Jesus in the Garden

The Scourging at the Pillar

Jesus is Crowned with Thorns

Jesus Carried the Cross to Calvary

The Crucifixion of our Lord

Luminous Mysteries (Thursday)

The Baptism of Jesus in the Jordan

The Wedding Feast at Cana

The Proclamation of the Kingdom

The Transfiguration

The Institution of the Eucharist

Catholic Prayers and Tenets

Grade 5

Prayers

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.

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.

Concepts

The Seven Deadly Sins- lust, greed, envy, gluttony, sloth, anger, pride (be able to define each)

Original Sin is the sin of the first humans which led to the sinful condition of the human race.

Venial Sin is a less serious offense against the will of God that weakens our relationship with God.

Mortal Sin is the knowing and willful violation of God's law in a serious matter that separates us from God.

Sin of Omission is a sin in which we knew we should have done something good, but refused.

Beatitudes -

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they will be filled.
5. Blessed are the merciful, for they will receive mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called the children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Catholic Prayers and Tenets

Grade 6

Prayers

Prayer of Saint Francis of Assisi

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 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. Amen.

Concepts

Cardinal Virtues- Prudence, Justice, Fortitude, Temperance

Theological Virtues- Faith, Hope, Charity (Love)

Old Testament Books -

- Pentateuch : Genesis, Exodus, Leviticus, Numbers, Deuteronomy
- Historical books : Joshua, Judges, Ruth, 1 Samuel, 2 Samuel, 1 Kings, 2 Kings, 1 Chronicles, 2 Chronicles, Ezra, Nehemiah, Tobit, Judith, Esther, 1 Maccabees, 2 Maccabees
- Wisdom books: Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon, Wisdom, Sirach
- Prophetic books : Isaiah, Jeremiah, Lamentations, Baruch, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi

New Testament Books -

- The Gospels : Matthew, Mark, Luke, John
- Historical book : Acts of the Apostles
- Paul's Letters : Romans, 1 Corinthians, 2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Philemon
- General Letters : Hebrews, James, 1 Peter, 2 Peter, 1 John, 2 John, 3 John, Jude
- Revelation

Catholic Prayers and Tenets

Grade 7

Prayers

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. Amen.

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 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.

Concepts

Corporal Works of Mercy-

- Feed the hungry.
- Give drink to the thirsty.
- Shelter the homeless.
- Give clothes to those who have none.
- Visit the sick.
- Visit the imprisoned.
- Bury the dead.

Spiritual Works of Mercy -

- Counsel the doubtful.
- Teach the ignorant.
- Help the sinner.
- Comfort the sorrowful.
- Forgive injuries.
- Bear wrongs patiently.
- Pray for the living and dead.

Gifts of the Holy Spirit- Wisdom, Understanding, Right Judgment (Counsel), Courage (Fortitude), Knowledge, Reverence (Piety), Wonder and Awe (Fear of the Lord)

Catholic Prayers and Tenets

Grade 8

Prayer

Stewardship Prayer

We praise you Lord for the wonder of your creation
And for every good gift that comes from your hand;
Our life, our faith, our family,
Our time, our talents, and our treasures.
Help us to be grateful for the many blessings you have poured upon us.
May we offer our lives as gifts that are pleasing to you.
Make us good stewards of these your gifts
And faithful disciples offering all we have for your greater glory.
We ask this through Christ our Lord. Amen

Concepts

Holy Days of Obligation - Mary Mother of God (Jan. 1), Ascension Thursday (40 days after Easter),
Assumption of Mary into heaven (Aug. 15), All Saints Day (Nov. 1) Immaculate Conception (Dec. 8),
Christmas (Dec. 25)

Precepts of the Church-

1. Take part in the Mass on Sundays and holy days. Keep these days holy and avoid unnecessary work.
2. Celebrate the Sacrament of Reconciliation at least once a year.
3. Receive Holy Communion at least once a year during Easter Season.
4. Fast and abstain on days of penance.
5. Give your time, gifts, and money to support the Church.

Catholic Social Teaching -

- Life and Dignity of the Human Person
- Call to Family, Community, and Participation
- Rights and Responsibilities
- Option for the Poor and Vulnerable
- The Dignity of Work and the Rights of Workers
- Solidarity
- Care for God's Creation

Stations of the Cross -

1st Station: Jesus is condemned to death

8th Station: Jesus meets the women of Jerusalem

2nd Station: Jesus carries His cross

9th Station: Jesus falls a third time

3rd Station: Jesus falls the first time

10th Station: Jesus' clothes are taken away

4th Station: Jesus meets his mother

11th Station: Jesus is nailed to the cross

5th Station: Simon of Cyrene helps Jesus carry his cross

12th Station: Jesus dies on the cross

6th Station: Veronica wipes the face of Jesus

13th Station: The body of Jesus is taken down from the cross

7th Station: Jesus falls the second time

14th Station: Jesus is laid in the tomb