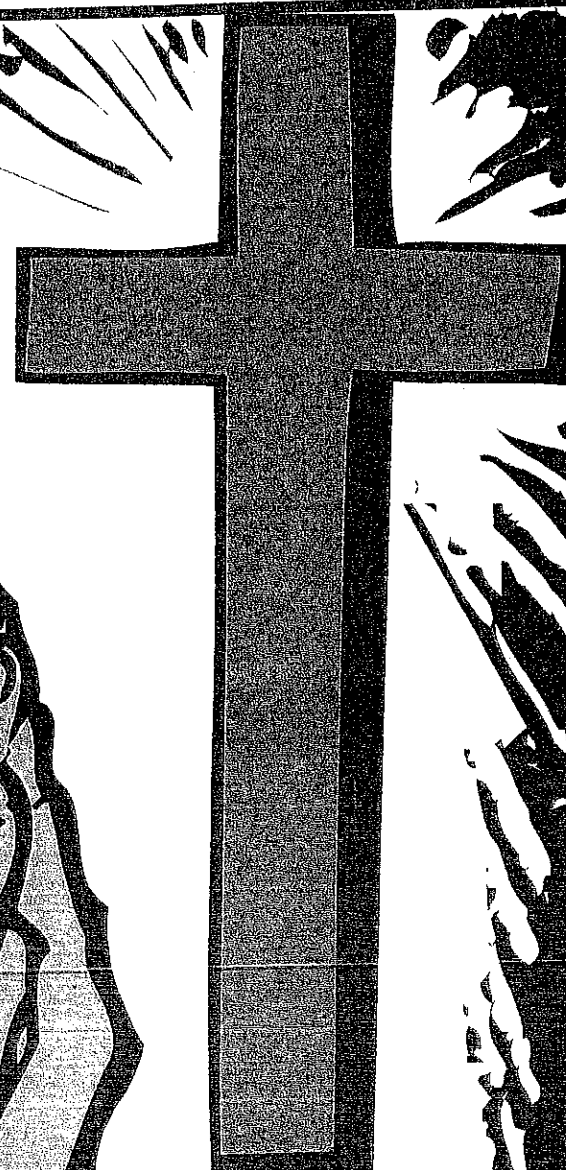
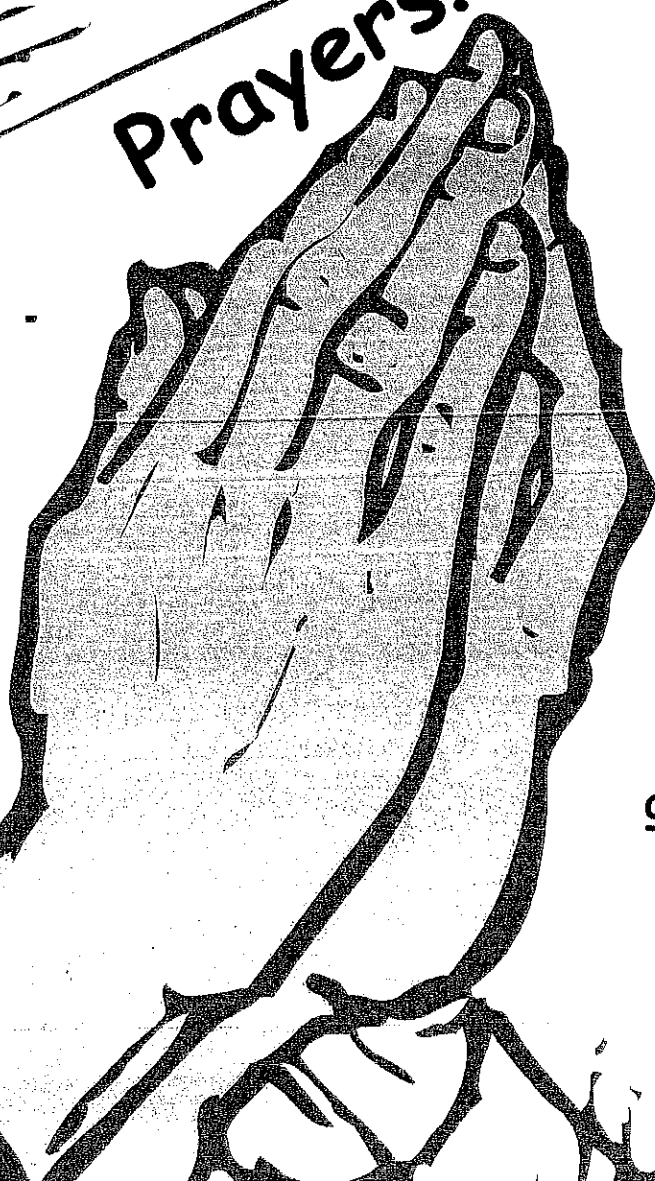


**When To
Know Your
Prayers!**



Diocese of
St. Cloud
guidelines for
Prayers.

WHEN TO KNOW YOUR PRAYERS

<u>Grade Level</u>	<u>Prayers</u>
Preschool	How to Genuflect Grace before Meals
	Sign of the Cross Grace after Meals
Kindergarten	Hail Mary
	Lord's Prayer Glory be
First Grade	Morning Offering
Second Grade	Apostles Creed How to make a Confession How to receive the Sacrament of Holy Communion
	Act of Contrition Ten Commandments
	Prayer before Confession Mass
Third Grade	Precepts of the Church
	Seven Sacraments
Fourth Grade	Mysteries of the Rosary The Fatima Prayer
	How to say the Rosary Hail Holy Queen
	Prayer of St. Michael Act of Spiritual Communion
Fifth Grade	Act of Faith Holy Days of Obligation
	Act of Hope Act of Love (charity)
Sixth Grade	Beautitudes Spiritual Works of Mercy
	Corporal Works of Mercy
Seven Grade	Gifts of the Holy Spirit Chaplet of Divine Mercy
	Vocation Prayer Three Divine Virtues
	The Angelus Four Cardinal Virtues
Eighth Grade	The Bible
Ninth Grade	The Memorare Know the Parts of the Mass
	Stations of the Cross Works of Mercy
Tenth Grade	By the Tenth Grade the students know all of the prayers and be ready for The Sacrament of Confirmation. the Tenth Grade year should be a years of review, not a yeas

WHEN TO KNOW YOUR PRAYERS

Page 1

Grade - Preschool

1. How to Genuflect
2. Sign of the Cross
3. Guardian Angel Prayer
4. Grace before Meals
5. Grace after Meals

How to Genuflect

In making a genuflection with one knee, three things are to be observed:

- a. bend the right knee to the floor alongside the ankle of the left foot;
- b. hold the head and the upper part of the body erect, not inclined;
- c. rise again without delay

Sign of the Cross

We make the sign of the cross by touching with the right hand:

- a. the forehead, saying, "In the name of the Father;"
- b. then the breast, adding "and of the Son;"
- c. and then from the left shoulder, saying "and of the Holy;"
- d. to the right shoulder, while saying "Spirit."
- e. Then back to breast, saying "Amen."

Guardian Angel Prayer

Angel of God, my Guardian dear,
to Whom His love commits me here,
ever this day, be at my side,
to light and guard, to rules and guide. Amen.

Grace Before Meals

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

Grace After Meals

We give you thanks, almighty God,
for all your gifts. You live
and reign now and forever. Amen.

Grade - Kindergarten

1. Hail Mary
3. Glory Be

2. Lord's Prayer

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.

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.

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

1. Morning Offering

Morning Offering

O, Jesus, I offer you
all I think, do and say.
Bless me and make me
like you today.

1. Apostles Creed
2. Act of Contrition
3. Prayer before Confession
4. How to make a Confession
5. Ten Commandments
6. Mass
7. How to receive the Sacrament of Holy Communion

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 descended into hell. 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 sin, the resurrection of the body and the life everlasting. Amen

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all 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.

Prayer of Reconciliation

Come, Holy Spirit, enlighten the darkness of my understanding and sharpen my conscience, so that I may recognize God's will in all things. Send forth your light and truth into my soul! May I see all my sins and failures in this light and confess them with a contrite heart. Jesus Christ, gentle Savior, I put my hope of salvation in you. Accept my confession with loving mercy and move my heart to true sorrow for my sins. Heavenly Father, when you look into my soul, look not so much at the evil I have done but at the genuine sorrow which I feel within my heart. Help me to confess all my sins with a childlike trust in your loving forgiveness. Amen.

Rite of Reconciliation

1. Greet the priest.
2. Make the Sign of the Cross.
3. Listen as the priest prays.
4. Confess your sins. (Tell how long it has been since your last confession.)
5. Speak about anything that is troubling You.
6. Listen to the priest's advice.
7. Accept your penance.
8. Pray an act of contrition.
9. Receive absolution, silently making the Sign of the Cross. Respond, "Amen"
10. Say, "Thank you, Father."
11. Leave confessional and do your penance!

Second Grade continued

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 hold 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 good.

Parts of the Mass

Introductory Rites

Entrance Procession and Song

Sign of the Cross and Greeting

Penitential Rite

Glory to God

Opening Prayer

Liturgy of the Word

First Reading

Responsorial Psalm

Second Reading

Alleluia or Gospel Acclamation

Gospel

Homily

Profession of Faith

General Intercessions

Liturgy of the Eucharist

Preparation of the Gifts

~ Prayer over the Gifts

Eucharist Prayer

~ Preface

~ Holy, Holy, Holy

~ Consecration

~ Offering

~ Great Amen

Communion Rite

- ~ Lord's Prayer
- ~ Sign of Peace
- ~ Breaking of the Bread: Lamb of God
- ~ Communion
- ~ Prayer after Communion

Concluding Rite

- Blessing
- Dismissal

How to receive the Sacrament of Holy Communion

(Fast for **one hour** before receiving communion. No food or drink except for water.)

1. With your hands folded in front of you, bow your head.
2. Then take left hand and lay it on top of right hand to form a cross.
3. The Priest or Eucharist Minister will hold up a host and say, "Body of Christ."
4. You respond, "Amen."
5. The Priest or Eucharist Minister lays the host on your left hand.
6. With your right hand, pick up the host, place it in your mouth and eat it.

You then have the option to receive the "Blood of Christ" or walk past it.

1. With your hands folded in front of you, bow you head.
2. Then the Priest or Eucharist Minister will say, "Blood of Christ."
3. You respond, "Amen."
4. The Priest or Eucharist Minister will then offer you the chalice.
5. Take a sip of wine (Blood of Christ).
6. Return the chalice to the Eucharist Minister or Priest.

1. Precepts of the Church

2. Seven Sacraments

Precepts of the Church

1. To worship God by participating in Mass on Sundays and holy days of obligation.
2. To receive Holy Communion frequently and the Sacrament of Reconciliation regularly.
3. To study Catholic teachings in preparation for the Sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the marriage laws of the Church.
5. To strengthen and support the Church.
6. To do penance, included abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

Seven Sacraments

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

1. Mysteries of the Rosary
2. How to say the Rosary
3. Prayer of St. Michael
4. The Fatima Prayer
5. Hail Holy Queen
6. Act of Spiritual Communion

Mysteries of the Rosary

The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus
in the Temple

The Luminous Mysteries

1. The Baptism of Jesus in the River Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

How to Say the Rosary

1. Make the sign of the Cross and say
the Apostles' Creed.
2. Say the Our Father.
3. Say three Hail Mary's.
4. Say the Glory Be.
5. Announce the first mystery;
then say the Our Father.
6. Say ten Hail Mary's.
7. Say the Glory Be.
8. Announce the second mystery;
then say the Our Father.
9. Say ten Hail Mary's.
10. Say the Glory Be.
11. Announce the third mystery;
then say the Our Father.
12. Say ten Hail Mary's.
13. Say the Glory Be.
14. Announce the fourth mystery;
then say the Our Father.
15. Say ten Hail Mary's.
16. Say the Glory Be.
17. Announce the fifth mystery;
18. Say ten Hail Mary's.
19. Say the Glory Be.
20. Say the Hail Holy Queen.
21. Make the sign of the Cross.

Prayer of St. Michael

St. Michael the Archangel, defend us in battle;
Be our defense against the wickedness and snares of the devil.
May God rebuke him, we humbly pray;
And do you, O prince of the heavenly host,
by the power of God, thrust into hell Satan and the other
evil spirits who prowl about the world seeking the ruin of souls. Amen.

The Fatima Prayer

O my Jesus, forgive us our sins and save us from the fires of hell;
lead all souls to Heaven, especially those who have the most need of Your mercy.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, hail, our life,
our sweetness and our hope. To you we cry, poor
banished child of Eve; to you we send up our
sighs, mourning and weeping in this vale of tears.
Turn then, most gracious advocate, your eyes of
mercy toward us; and after this, our exile, show us
the blessed fruit of your womb, Jesus; O clement,
O loving, O sweet Virgin Mary.

Act of Spiritual Communion

My Jesus, I believe that You are in
the Blessed Sacrament. I love You
above all things, and I long for You in
my soul. Since I cannot now receive
You sacramentally, come at least
spiritually into my heart. As though
You have already come, I embrace
You and unite myself entirely to You
never permit me to be separated from
You.

(This is a prayer you can pray, if you are
unable to receive the Eucharist, due to
illness or etc. It is not to be used as an
excuse so you don't have to attend
Mass!)

Fifth Grade

1. Act of Faith
2. Act of Hope
3. Act of Love
4. Holy Days of Obligation

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.

Act of Hope

O my God, relying on your infinite mercy 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.

Holy Days of Obligation

- Mary, Mother of God - January 1
- Ascension - Forty days after Easter
- Assumption of the Blessed Virgin Mary - August 15
- All Saints Day - November 1
- Immaculate Conception - December 8
- Nativity of Our Lord Jesus Christ (Christmas) - December 25

Sixth Grade

1. Beatitudes
2. Corporal Works of Mercy
3. Spiritual Works of Mercy

Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the land.
Blessed are they who hungry and thirst for righteousness, for they will be satisfied.
Blessed are the merciful, for they will be shown mercy.
Blessed are the clean of heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Corporal Works of Mercy

The corporal works of mercy are kind acts by which we help our neighbors with their material and physical needs. They include.....

- | | |
|---------------------------|----------------------|
| Feed the hungry | Shelter the homeless |
| Give drink to the thirsty | Visit the imprisoned |
| Clothe the naked | Bury the dead |
| Visit the sick. | |

Spiritual Works of Mercy

The spiritual works of mercy are acts of compassion that aim at people's emotional and spiritual needs. They include.....

- | | |
|-----------------------|----------------------------------|
| Warn the Sinner | Bear wrongs patiently |
| Instruct the ignorant | Forgive all injuries |
| Counsel the doubtful | Pray for the living and the dead |
| Comfort the sorrowing | |

- | | |
|-----------------------------|----------------------------|
| 1. Gifts to the Holy Spirit | 2. Vocation Prayer |
| 3. The Angelus | 4. Chaplet of Divine Mercy |
| 5. Three Divine Virtues | 6. Four Cardinal Virtues |

Gifts to the Holy Spirit

The Holy Spirit makes it possible for us to do what God the Father asks of us by giving us many gifts. They include the following.....

- | | | | |
|---------|----------------|-----------|---------------|
| Wisdom | right judgment | knowledge | understanding |
| Courage | wonder and awe | reverence | |

Vocation Prayer

Lord, let me know clearly the work which you are calling me to do in life.
And grant me every grace I need to answer your call with courage and love
and lasting dedication to your will. Amen.

The 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.

How to Recite the Chaplet of the Divine Mercy

The Chaplet of the Divine Mercy is said by using the Rosary.

1. The Sign of the Cross

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

2. Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! (3 times)

3. The Our Father

4. The Hail Mary

5. The Apostles' Creed

6. On the "Our Father" bead before each decade:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

7. On the "Hail Mary" beads of each decade:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. After 5 decades, the concluding doxology (three times):

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

9. Closing Prayer

Eternal God, in whom mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy itself. Amen.

Three Divine Virtues - Faith, Hope, Love(Charity)

Four Cardinal Virtues - Prudence, Justice, Fortitude, Temperance

1. The Bible - How to look things up in the Bible.
 - What Books are in the Old and New Testament

How to look things up in the Bible

Each book of the Bible is divided into **chapters**. Each chapter is divided into **verses**. Biblical references list first the **book**, next the **chapter**, and then the **verse or verses**. Look for verses after the chapter number on the page and not before it. Example - Luke 24:13-32

Luke	24:	13-32
Book	Chapter	Verse(s)

Books in the Old Testament

Law	Wisdom	History	Prophecy
Genesis	Job	Joshua	Isaiah
Exodus	Psalms	Judges	Jeremiah
Leviticus	Proverbs	Ruth	Lamentations
Numbers	Ecclesiastes	1 Samuel	Baruch
Deuteronomy	Song of Songs	2 Samuel	Ezekiel
	Wisdom	1 Kings	Daniel
	Sirach	2 Kings	Hosea
		1 Chronicles	Joel
		2 Chronicles	Amos
		Ezra	Obadiah
		Nehemiah	Jonah
		Tobit	Micah
		Judith	Nahum
		Esther	Habakkuk
		1 Maccabees	Zephaniah
		2 Maccabees	Haggai
			Zechariah
			Malachai

Books in the New Testament.

Gospels

Matthew

Mark

Luke

John

History

Acts of the

Apostles

Letters

Romans

1 Corinthians

2 Corinthians

Galatians

Ephesians

Philippians

Colossians

1 Thessalonians

2 Thessalonians

1 Timothy

2 Timothy

Titus

Philemon

Hebrews

James

1 Peter

2 Peter

1 John

2 John

3 John

Jude

Apocalyptic Literature

Revelation

Ninth Grade

1. The Memorare
2. Stations of the Cross
3. Know the parts of the Mass
4. Works of Mercy

The Memorare

Remember, 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, my Mother. To you I come, before you I stand sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions but in your mercy hear and answer me. Amen

Stations of the Cross

1. Jesus is condemned to Death.
2. Jesus carries the Cross.
3. Jesus falls the first time.
4. Jesus meets his Mother.
5. Simon helps Jesus carry the Cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Women of Jerusalem, weeps for Jesus.
9. Jesus falls the third time.
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.

Parts of the Mass**Introductory Rites**

Entrance Procession and Song
 Sign of the Cross & Greeting
 Penitential Rite
 Glory to God
 Opening Prayer

Liturgy of the Word

First Reading
 Responsorial Psalm
 Second Reading
 Alleluia or Gospel Acclamation
 Gospel
 Homily

Profession of Faith

General Intercessions

Liturgy of the Eucharist

Preparation of Gifts

Prayer over the Gifts

Eucharistic Prayer

Prepare

Holy, Holy, Holy

Consecration

Offering

Great Amen

Communion Rite

Lord's Prayer

Sign of Peace

Breaking of the Bread:

Lamb of God

Communion

Prayer after Communion

Concluding Rite

Blessing and Dismissal

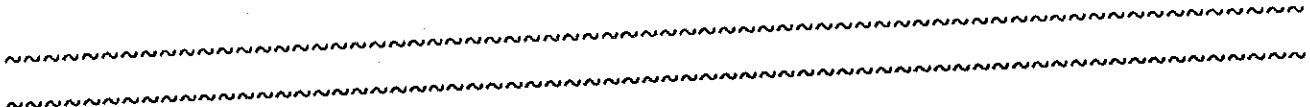
Ninth Grade Continued.

Works of Mercy ~ Spiritual

1. Warn the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowing
5. Bear wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead

Work of Mercy ~ Corporal

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



Tenth Grade

By the Tenth Grade, the student should know all of the prayers and be ready for the sacrament of Confirmation. The Tenth Grade year should be a year of review, not a year of learning.