

MY  
PRAYER  
BOOK

---

ST. MARY'S CATHOLIC CHURCH

|

BECAUSE HE  
BENDS DOWN TO

*listen*

I WILL PRAY AS LONG  
AS I HAVE BREATH

PSALM 116:2

|

THIS PRAYER BOOK BELONGS TO



*prayer  
power*

KINDERGARTEN & FIRST GRADE

## NEW PRAYERS

### GENUFLECTION

### SIGN OF THE CROSS

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

### 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, a  
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.



## OUR FATHER (THE LORD'S PRAYER)

Our Father, who art in heaven, hallowed by 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.

*prayer  
power*

SECOND GRADE

## REVIEW PRAYERS

### GENUFLECTION

### SIGN OF THE CROSS

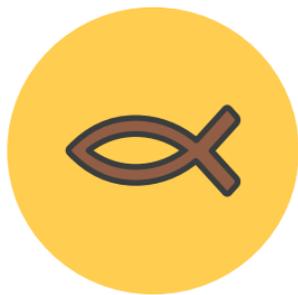
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## NEW PRAYERS

### SPONTANEOUS PRAYER

### THE ROSARY

The Holy Rosary contemplates the life of Jesus and speaks of our salvation history!

1. Begin with the *Sign of the Cross*
2. Holding the cross at the end of the beads, pray the *Apostle's Creed*
3. On the first bead, pray the *Our Father*
4. On each of the next three beads, pray a *Hail Mary*. Then pray a *Glory Be*.
5. The rest of the beads follow a pattern: one bead by itself, followed by ten beads together. On the bead by itself, announce the event/mystery and pray an *Our Father*. On each of the ten beads, pray a *Hail Mary*.
6. Each set of ten beads is called a "decade." On each decade, we remember one of the events in the lives of Jesus and Mary. Try to picture that event, and talk to Jesus about it in your heart.
7. End each decade with a *Glory Be*.
8. At the end of all the beads, pray the *Hail Holy Queen*.

## 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. Amen.

## 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, [*all strike their breast*] 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.

*prayer  
power*

THIRD GRADE

## REVIEW PRAYERS

Sign of the Cross  
Genuflection  
Grace Before Meals  
Hail Mary  
Our Father  
Glory Be  
Spontaneous Prayer

## MEMORIZE PRAYERS

### 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.

Amen.

### 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, *[all strike their breast]* 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.

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7. End each decade with a *Glory Be*.
8. At the end of all the beads, pray the *Hail Holy Queen*.

# NEW PRAYERS

## THE SEVEN SACRAMENTS

### **Sacraments of Initiation**

Baptism

Eucharist

Confirmation

### **Sacraments of Healing**

Reconciliation

Anointing of the Sick

### **Sacraments of Service**

Holy Orders

Matrimony

## ANGEL OF GOD

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

## DAILY OFFERING

God, my father, I give you today; all that I  
think and do and say. I'll work and laugh,  
have fun and play. Jesus be with us, all  
through the day. Amen.

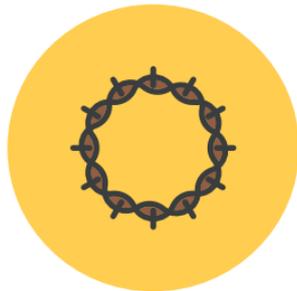
## NICENE CREED

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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.

## APOSTLE'S 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.



*prayer  
power*

FOURTH GRADE

## REVIEW PRAYERS

Genuflection  
Sign of the Cross  
Grace Before Meals  
Glory Be  
Hail Mary  
Our Father  
Spontaneous Prayer  
Act of Contrition  
Confiteor  
The Rosary  
Nicene Creed  
Apostle's Creed  
Seven Sacraments

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## MEMORIZE PRAYERS

### DAILY OFFERING

God, my father, I give you today; all that I think and do and say. I'll work and laugh, have fun and play. Jesus be with us, all through the day.  
Amen.

## ANGEL OF GOD

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



## NEW PRAYERS

### 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 towards 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. Amen.

# TEN COMMANDMENTS

1. I am the Lord your God: You shall not have other 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 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.



*prayer  
power*

FIFTH GRADE

## REVIEW PRAYERS

Spontaneous Prayer  
Act of Contrition  
Confiteor  
The Rosary  
Nicene Creed  
Apostle's Creed  
Seven Sacraments  
Daily Offering  
Angel of God

## MEMORIZE

### 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 towards 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. Amen.

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## NEW PRAYERS

### 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 are eternal truth and wisdom, Who can neither deceive nor be deceived. In this Faith, I desire to live and die. Amen.

## ACT OF HOPE

O my God, trusting in Your promises and the infinite merits of Jesus Christ, our Redeemer, I hope for the pardon of my sins and the graces I need to serve you Faithfully on earth, and to obtain eternal life in Heaven. Amen.

- OR -

O my God! I know that You will help me to be good and help me to get to Heaven, for this is what You promised to do for us. Amen.

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## ACT OF LOVE

O my God, I love You above all things, with my whole heart and soul, because You are infinitely good and deserving of all my love. I love my neighbor as myself for love of You. Amen.

- OR -

O my God! I love You dearly because You are all good. I love everybody because You love them. I want to love You forever. Amen.

## HOLY DAYS OF OBLIGATION

December 8 - Immaculate Conception of the  
Blessed Virgin Mary

December 25 - Nativity of the Lord

January 1 - Mary, Mother of God

May 29 / June 1 - Ascension of the Lord

August 15 - Assumption of the Blessed Virgin

November 1 - All Saints

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## BEATITUDES

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

*prayer  
power*

SIXTH GRADE

## REVIEW PRAYERS

Spontaneous Prayer

Act of Contrition

Confiteor

The Rosary

Nicene Creed

Apostle's Creed

Seven Sacraments

Daily Offering

Angel of God

Ten Commandments

Hail Holy Queen

## MEMORIZE PRAYERS

### ACT OF FAITH

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## NEW PRAYERS

### CORPORAL WORKS OF MERCY

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To shelter the homeless
- To visit the imprisoned
- To visit the sick and infirm
- To bury the dead

### SPIRITUAL WORKS OF MERCY

- To correct sinners
- To instruct the ignorant
- To counsel the doubtful
- To comfort the sorrowing
- To bear adversities patiently
- To forgive offenses
- To pray for the living and the dead



## HOLY SPIRIT PRAYER

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. O God, who has instructed the hearts of your faithful by the light of the Holy Spirit, grant that by the same Holy Spirit we may have a right judgement in all things and evermore rejoice in his consolations. Through Christ Our Lord. 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 with this confidence, we fly to thee, O Virgin of Virgins my Mother. To thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer us. Amen.



## PRAYER TO APPRECIATE THE MASS

O Lord Jesus, in order that the merits of Your sacrifice on the Cross might be applied to every soul of all time, You willed that it should be renewed upon the altar. At the Last Supper, You said: "Do this in remembrance of Me." By these words You gave Your Apostles and their successors the power to consecrate and the command to do what You Yourself did. I believe that the Mass is both a sacrifice and a memorial - reenacting Your Passion, Death, and Resurrection. Help me to realize that the Mass is the greatest gift of God to us and our greatest gift to God. Amen.

*prayer  
power*

SEVENTH GRADE

## REVIEW PRAYERS

Spontaneous Prayer

Act of Contrition

Confiteor

The Rosary

Daily Offering

Ten Commandments

Hail Holy Queen

Acts of Faith, Hope, Love

Holy Days of

Obligation

Beatitudes

## MEMORIZE PRAYERS

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## NEW PRAYERS

### MYSTERIES OF THE ROSARY

#### **The Sorrowful Mysteries - Prayed on Tuesday and Friday**

1. The Agony of the Garden  
Fruit of the Mystery - Sorrow for Sin
2. The Scourging at the Pillar  
Fruit of the Mystery - Purity
3. The Crowning with Thorns  
Fruit of the Mystery - Courage
4. The Carrying of the Cross  
Fruit of the Mystery - Patience
5. The Crucifixion  
Fruit of the Mystery - Perseverance

## **The Glorious Mysteries - Prayed on Sunday and Wednesday**

1. The Resurrection  
Fruit of the Mystery - Faith
2. The Ascension  
Fruit of the Mystery - Hope
3. The Descent of the Holy Spirit  
Fruit of the Mystery - Love of God
4. The Assumption of Mary into Heaven  
Fruit of the Mystery - Grace of a Happy  
Death
5. The Crowning of Mary in Heaven  
Fruit of the Mystery - Trust in Mary's  
Intercession

## **The Joyful Mysteries - Prayed on Monday & Saturday**

1. The Annunciation  
Fruit of the Mystery: Humility
2. The Visitation  
Fruit of the Mystery: Love of Neighbor
3. The Birth of Jesus  
Fruit of the Mystery: Poverty
4. The Presentation of Jesus in the Temple  
Fruit of the Mystery: Obedience
5. The Finding of Jesus in the Temple  
Fruit of the Mystery: Joy in Finding Jesus

## The Luminous Mysteries - Prayed on Thursday

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist:  
Christ offers his body and blood as food under the signs of bread and wine, and testifies “to the end” his love for humanity.



## ANGELUS

V. The angel spoke God's message to  
Mary,

R. and she conceived of the Holy Spirit,  
Hail Mary...

V. "I am the lowly servant of the Lord:

R. let it be done to me according to your  
word." Hail Mary...

V. And the Word became flesh

R. and lived among us. Hail Mary...

V. Pray for us holy Mother of God

R. That we may become 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.

## DIVINE PRAISES

Blessed be God.

Blessed be His holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints. Amen

*prayer  
power*

EIGHTH GRADE

## REVIEW PRAYERS

Spontaneous Prayer  
Act of Contrition  
Confiteor  
The Rosary  
Memorare  
Ten Commandments  
Hail Holy Queen  
Holy Spirit Prayer  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Beatitudes

## MEMORIZE PRAYERS

### MYSTERIES OF THE ROSARY

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Fruit of the Mystery - Sorrow for Sin
2. The Scourging at the Pillar  
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1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist:  
Christ offers his body and blood as food under the signs of bread and wine, and testifies “to the end” his love for humanity.

## **NEW PRAYERS**

### 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 power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

*prayer  
power*

NINETH GRADE

## REVIEW PRAYERS

Spontaneous Prayer  
The Rosary  
Memorare  
Corporal Works of Mercy  
Spiritual Works of Mercy  
Beatitudes  
Mysteries of the Rosary  
Prayer to St Michael

## NEW PRAYERS

### PRECEPTS OF THE CHURCH

1. To keep holy the day of the Lord's Resurrection; to worship God by participating in Mass every Sunday and the holy days of obligation; to avoid those activities that would hinder renewal of the soul and body on the Sabbath (needless work or unnecessary shopping).

*Sundays and other Holy Days of Obligation the faithful are bound to participate in the Mass. (C.C.C. 2192)*

2. To lead a sacramental life; to receive Holy Communion frequently and the Sacrament of Reconciliation regularly - minimally at least once a year (annual confession is obligatory only if serious sin is involved); minimally also, to receive Holy Communion at least once a year between the first Sunday of Lent and Trinity Sunday.

*“Without being strictly necessary, confession of everyday faults (venial sins) is nevertheless strongly recommended by the Church. Indeed the regular confession of our venial sins helps us form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit.” (C.C.C. 1458)*

3. To study Catholic teaching in preparation for the Sacrament of Confirmation, to be confirmed, and then continue to study and advance the cause of Jesus Christ.

## GIFTS OF THE HOLY SPIRIT

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

## FRUITS OF THE HOLY SPIRIT

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

*prayer  
power*

TENTH GRADE

# REVIEW

Genuflection	Ten Commandments
Sign of the Cross	Act of Faith, Hope, Love
Grace Before Meals	Holy Days of Obligation
Glory Be	Beatitudes
Hail Mary	Spiritual Works of Mercy
Our Father	Corporal Works of Mercy
Spontaneous Prayer	Holy Spirit Prayer
Act of Contrition	Memorare
Confiteor	Prayer to Appreciate the Mass
The Rosary	Mysteries of the Rosary
The Seven Sacraments	Angelus
Nicene Creed	Divine Praises
Apostle's Creed	Prayer to St. Michael
Angel of God	Precepts of the Church
Daily Offering	Gifts of the Holy Spirit
Hail Holy Queen	Fruits of the Holy Spirit

