

The foundation of our prayer life as Catholics comes through our formal prayers. Our prayer life begins in the home and our Catholic Schools and Faith Formation programs 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. Prayers are reinforced in our Catholic Schools and Faith Formation programs.

Our Catholic Schools and Faith Formation programs throughout the Diocese of Sacramento recommend that prayers be learned at least by the grade level indicated in this booklet.



Diocese of Sacramento
Catholic Schools Department
Department of Evangelization and Catechesis

Prayers
for
Transitional
Kindergarten
through
Eighth Grade
Students

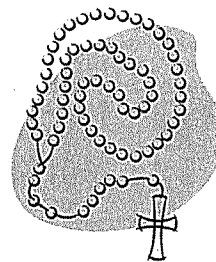
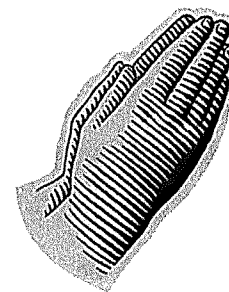


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Angelus

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.

Hail, Mary ...

V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.

Hail Mary.

V. And the Word was made flesh.
R. And dwelt among us.

Hail Mary.

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray;

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord.
Amen.

Glory Be ...

Nicene Creed

I believe in one God, the Father almighty,
 maker of heaven and earth,
 of all things visible and invisible.
 And 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.
 And 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.
 And 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

Prayers by Grade

	To Be Learned:	To Reinforce:
Transitional Kindergarten and Kindergarten	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals	
First Grade	Glory Be A Morning Offering	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals
Second Grade	An Act of Contrition	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals Glory Be A Morning Offering
Third Grade	Grace After Meals Apostles' Creed Mysteries of the Rosary	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals Glory Be A Morning Offering An Act of Contrition

Prayers

	To Be Learned:	To Reinforce:
Fourth Grade	Prayer of the Holy Spirit Prayer of St. Francis Act of Faith Act of Hope Act of Love	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals Glory Be A Morning Offering An Act of Contrition Grace After Meals Apostles' Creed Mysteries of the Rosary
Fifth Grade	Hail Holy Queen	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals Glory Be A Morning Offering An Act of Contrition Grace After Meals Apostles' Creed Mysteries of the Rosary Prayer of the Holy Spirit Prayer of St. Francis Act of Faith Act of Hope Act of Love

Stations of the Cross

The First Station:	Jesus is Condemned to Death
The Second Station:	Jesus Carries His Cross
The Third Station	Jesus Falls the First Time
The Fourth Station	Jesus Meets His Mother
The Fifth Station	Simon Helps Jesus Carry His Cross
The Sixth Station	Veronica Wipes Jesus' Face
The Seventh Station	Jesus Falls the Second Time
The Eighth Station	Jesus Meets the Women of Jerusalem
The Ninth Station	Jesus Falls the Third Time
The Tenth Station	Jesus is Stripped
The Eleventh Station	Jesus is Nailed to the Cross
The Twelfth Station	Jesus Dies on the Cross
The Thirteenth Station	Jesus is Taken Down from the Cross
The Fourteenth Station	Jesus is Laid in the Tomb

Prayer of St. Francis (A Prayer for Peace)

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.

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.

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.

Prayers

	To Be Learned:	To Reinforce:
Sixth Grade	Memorare Stations of the Cross	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals Glory Be A Morning Offering An Act of Contrition Grace After Meals Apostles' Creed Mysteries of the Rosary Prayer of the Holy Spirit Prayer of St. Francis Act of Faith Act of Hope Act of Love Hail Holy Queen

Prayers

To Be Learned:

Seventh Grade Nicene Creed

To Reinforce:

Sign of the Cross
The Lord's Prayer
Hail Mary
Grace Before Meals
Glory Be
A Morning Offering
An Act of Contrition
Grace After Meals
Apostles' Creed
Mysteries of the Rosary
Prayer of the Holy Spirit
Prayer of St. Francis
Act of Faith
Act of Hope
Act of Love
Hail Holy Queen
Memorare

Act of Hope

O Lord God,
I hope by your grace for the pardon
of all my sins
and after life here to gain eternal happiness
because you have promised it
who are infinitely powerful, faithful, kind,
and merciful.
In this hope I intend to live and die.
Amen.

Act of Love

O Lord God, I love you above all things
and I love my neighbor for your sake
because you are the highest, infinite and perfect
good, worthy of all my love.
In this love I intend to live and die.
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.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,
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 exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.
Amen.

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 intend to live and die.
Amen.

Prayers

	To Be Learned:	To Reinforce:
Eighth Grade	Confiteor Angelus	Sign of the Cross The Lord's Prayer Hail Mary Grace Before Meals Glory Be A Morning Offering An Act of Contrition Grace After Meals Apostles' Creed Mysteries of the Rosary Prayer of the Holy Spirit Prayer of St. Francis Act of Faith Act of Hope Act of Love Hail Holy Queen Memorare Stations of the Cross Nicene Creed

Sign of the Cross

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

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.

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 Mysteries of the Rosary

The Joyful Mysteries (recited Monday and Saturday)

The Annunciation
The Visitation
The Nativity
The Presentation
The Finding in the Temple

The Mysteries of Light (recited Thursday)

The Baptism of Jesus
The Wedding Feast of Cana
The Proclamation of the Kingdom, with the call to Conversion
The Transfiguration
The Institution of the Eucharist

The Sorrowful Mysteries (recited Tuesday and Friday)

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

The Glorious Mysteries (recited Wednesday and Sunday)

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption
The Coronation of Mary Queen of Heaven and Earth

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, O Lord,
and they shall be created.
And you shall renew
the face of the earth.
Amen.

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.

Glory Be to the Father

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.

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.

Prayer Before Snack

We fold our hands
We bow our heads
We thank you God
for daily bread.
Amen.

Grace After Meals

We give you thanks, Almighty God,
for these and all the gifts
which we have received
from your goodness,
through Christ, Our Lord.
Amen.

A Morning Offering (Option A)

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.

A Morning Offering (Option B)

God in Heaven,
Morning has come and we are together again.
Thank You for bringing us safely through the night.
Our hearts are filled with love for You.
Guide us today as we try to walk in Your way.
Help us live in love and peace with each other.
Strengthen our faith so that we may truly be children of light
Jesus, our Savior,
You gave Your life for us. We will try to live our lives for You.
We offer You this day our prayers and our work.
We will do our best because we love You.
Amen.

A Morning Offering (Option C)

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, Works, joys and sufferings
of this day in unión with the Holy Sacrifice of the Mass,
throughout the world.
I offer them for all the intentions of your Sacred Heart;
the salvation of souls, reparation for sin,
the reunión of all Christians.
I offer them for the intentions of our Bishops
and, in particular,
for those recommended by our Holy Father this month.
Amen.

An Act of Contrition (Option A)

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.
Amen.

An Act of Contrition (Option B)

O my God,
I am heartily sorry for having offended You
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 sin no more and to avoid te enear occasions of sin.
Amen.