

Basic Catholic Prayers and Lists for Memorization

The prayers and lists in this booklet are a small part of the beautiful treasury of traditional prayers and devotions of our Catholic Faith. They help provide us with a glimpse into the foundations of our Faith and a base from which our children can learn how to live their Faith; hopefully, they'll be well prepared and will want to share their love for Jesus and the Church He established!

In CCD class, we will begin and end with a prayer. The Diocese offers guidelines for prayers to be learned at each grade level. In addition, Bishop Burbidge has provided a study guideline for students preparing for Confirmation. The chart at the end of this booklet provides a breakdown of information by grade level, coordinating the information with the curriculum from the Faith and Life textbook series, when possible.

Parents are asked to teach these prayers and lists to their children at the indicated grade level. *Praying regularly at home* will help them to master the required prayers. Students will be asked to show mastery of the prayers designated for their grade level (including all previous grade levels) each year, either orally or through a written assessment (for older children).

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| First Grade | <i>Genuflexion (method and meaning)</i> <i>Sign of the Cross</i> <i>Glory Be</i> <i>Hail Mary</i> <i>Our Father</i> <i>Guardian Angel Prayer</i> |
| Second Grade | <i>Previous requirements, plus:</i> <i>Act of Contrition</i> <i>The Ten Commandments</i> <i>Form of Sacrament of Reconciliation</i> |
| Third Grade | <i>Previous requirements, plus:</i> <i>Grace Before Meals</i> <i>Grace After Meals</i> <i>Seven Sacraments</i> <i>Prayer to Saint Michael</i> |
| Fourth Grade | <i>Previous requirements, plus:</i> <i>Hail, Holy Queen (Salve Regina)</i> <i>Morning Offering</i> <i>Angelus</i> |
| Fifth Grade | <i>Previous requirements, plus:</i> <i>Apostles Creed</i> <i>Twelve Apostles Chosen by Christ</i> <i>Mysteries of the Rosary</i> <i>Fatima Prayer</i> |
| Sixth Grade | <i>Previous requirements, plus:</i> <i>Parts of the Mass</i> <i>Holy Days of Obligation in the United States</i> |
| Seventh Grade | <i>Previous requirements, plus:</i> <i>Gifts of the Holy Spirit (Name and define)</i> <i>Fruits of the Holy Spirit</i> <i>Three Theological Virtues</i> <i>Four Cardinal Virtues</i> |
| Eighth Grade | <i>Previous requirements, plus:</i> <i>Corporal Works of Mercy</i> <i>Spiritual Works of Mercy</i> <i>Marks of the Church</i> |

First Grade

Genuflection (method and meaning)

Sign of the Cross

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

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

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.*

Guardian Angel Prayer

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

Second Grade

Previous requirements plus:

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, 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.*

The Ten Commandments (in order)

- 1.** I am the Lord your God; you shall not have other gods besides Me.
- 2.** You shall not take the name of the Lord your God in vain.
- 3.** Remember to keep God's day holy.
- 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 lie.
- 9.** You shall not covet your neighbor's wife.
- 10.** You shall not covet your neighbor's goods.

Form of Sacrament of Reconciliation (Faith and Life, Grade 2, Ch. 19)

Third Grade

Previous requirements plus:

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.*

Grace After Meals

We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns forever. *Amen.*

Seven Sacraments (Faith and Life, Grade 3, Chapter 28)

Baptism

Penance

Holy Eucharist

Confirmation

Marriage

Holy Orders

Anointing of the Sick

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 hosts, by the power of God, thrust into Hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. *Amen.*

Fourth Grade

Previous requirements plus:

Hail Holy Queen (Salve Regina)

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 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, most holy Mother of God, that we may be made worthy of the promises of Christ. *Amen.*

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass. I offer them for all the intentions of your Sacred Heart: for the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for all the intentions of our Bishops and all Apostles of Prayer and in particular for those recommended by our Holy Father for this month. *Amen.*

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 to 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.*

Fifth Grade

Previous requirements plus:

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 thence 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.*

Twelve Apostles Chosen by Christ

Peter
Andrew
James the Greater
John
Philip
Bartholomew
Thomas
Matthew
James the Lesser
Jude Thaddeus
Simon
Judas Iscariot

Mysteries of the Rosary

The Joyful Mysteries

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

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 Descent of the Holy Spirit
4. The Assumption
5. The Coronation

The Luminous Mysteries

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Our Lord
5. The Institution of the Holy Eucharist

Fatima prayer

O my Jesus, forgive us our sins, save us from the fires of Hell, and lead all souls into Heaven, especially those in most need of Thy mercy. *Amen.*

Sixth Grade

***Previous requirements plus understanding (not memorization) of:
The Beatitudes (Matthew 5:3-11) and
(Faith and Life, Grade 6, Chapter 16)***

1. Blessed are the poor in spirit, for theirs is the kingdom of Heaven.
2. Blessed are those who mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called sons of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of Heaven.
9. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in Heaven.

Parts of the Mass (Faith and Life, Grade 6, Chapters 22 through 26)

***Holy Days of Obligation in United States
(Faith and Life, Grade 6, Chapter 6)***

The Immaculate Conception – December 8

Christmas – December 25

Solemnity of Mary, Mother of God – January 1

Ascension Thursday – 40 days after Easter

The Assumption of the Blessed Mother – August 15

All Saints' Day – November 1

Seventh Grade

Previous requirements plus:

Gifts of the Holy Spirit (Name and define)

(Faith and Life, Grade 7, Chapter 20)

Wisdom: helps us to see the world as God sees it, to set our hearts on Heaven and order our lives according to God's will.

Understanding: gives insight into the mysteries of faith and helps us explain the Faith to others.

Knowledge: helps us see everything in life in relation to God and eternity; to know Him, the world he created, and His plan for men.

Counsel: helps us to make correct decisions about God's will for our lives.

Piety: assists us in being more prayerful, reverent, and holy, loving God as our Father.

Fortitude: gives us the strength to be faithful to Christ even when it is difficult to do so.

Fear of the Lord: shows the evil of sin and helps us to desire to live in God's grace; also, called "wonder and awe" as it reminds us that God is great and all-powerful.

Fruits of the Holy Spirit (Faith and Life, Grade 7, Chapter 20)

The twelve fruits of the Holy Spirit are: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control and chastity.

Three Theological Virtues (Faith and Life, Grade 7, Chapter 14)

Faith, hope and charity (love)

Four Cardinal Virtues (Faith and Life, Grade 7, Chapter 15)

Prudence, justice, fortitude and temperance

Eighth Grade

Previous requirements plus:

Corporal Works of Mercy (Faith and Life, Grade 8, Chapter 16)

The Corporal Works of Mercy are acts of love that help us to care for the physical and material needs of others. They are:

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

Spiritual Works of Mercy (Faith and Life, Grade 8, Chapter 16)

The Spiritual Works of Mercy are acts of love that help us to care for the needs of people's hearts, minds and souls. They are:

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

Marks of the Church (list and explain) (Faith and Life, Grade 8, Chapter 3)

One: The Church is **one** because of her source, foundation, and bonds of unity in Christ.

Holy: The Church is **holy** because she is united with Christ, Who through the Church sanctifies all people making possible holiness in life.

Catholic: The Church is **catholic** in that the Church is universal (all people in all times and all places)

Apostolic: The Church is **apostolic** because she can trace her teaching and authority back to the Apostles and thus to Christ.

Understanding of the Seven Themes of Catholic Social Teaching (Faith and Life, Grade 8, Chapter 22)

1. Right to life and dignity of the human person
2. Call to family, community and participation
3. Rights and responsibilities
4. Option for the poor and vulnerable
5. The dignity of work and the rights of workers
6. Solidarity – We are one human family
7. Care of God's creation