

## PRAYER SYLLABUS

### PRESCHOOL

Sign of the Cross  
Grace Before Meals

### KINDERGARTEN

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God

### FIRST GRADE

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God  
Grace After Meals

### SECOND GRADE

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God  
Grace After Meals  
Morning Offering  
Act of Contrition  
Rosary & Mysteries  
Stations of the Cross  
Conversations w/God

### THIRD GRADE

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God  
Grace After Meals  
Morning Offering  
Act of Contrition  
Rosary & Mysteries  
Stations of the Cross  
Conversations w/God  
Apostles Creed  
Prayer of St. Francis

### FOURTH GRADE

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God  
Grace After Meals  
Morning Offering  
Act of Contrition  
Rosary & Mysteries  
Stations of the Cross  
Conversations w/God  
Apostles' Creed  
Prayer of St. Francis  
Hail Holy Queen  
Acts of Faith, Hope, Love

### FIFTH GRADE

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God  
Grace After Meals  
Morning Offering  
Act of Contrition  
Rosary & Mysteries  
Stations of the Cross  
Conversations w/God  
Apostles' Creed  
Prayer of St. Francis  
Hail Holy Queen  
Acts of Faith, Hope, Love

### SIXTH GRADE

Sign of the Cross  
Our Father  
Hail Mary  
Doxology  
Grace Before Meals  
Angel of God  
Grace After Meals  
Morning Offering  
Act of Contrition  
Rosary & Mysteries  
Stations of the Cross  
Conversations w/God  
Apostles' Creed  
Prayer of St. Francis  
Hail Holy Queen  
Acts of Faith, Hope, Love  
Memorare

## **SEVENTH GRADE**

Sign of the Cross

Our Father

Hail Mary

Doxology

Grace Before Meals

Angel of God

Grace After Meals

Morning Offering

Act of Contrition

Rosary & Mysteries

Stations of the Cross

Conversations w/God

Apostles' Creed

Prayer of St. Francis

Hail Holy Queen

Acts of Faith Hope, Love

Memorare

Nicene Creed

## **EIGHTH GRADE**

Sign of the Cross

Our Father

Hail Mary

Doxology

Grace Before Meals

Angel of God

Grace After Meals

Morning Offering

Act of Contrition

Rosary & Mysteries

Stations of the Cross

Conversations w/God

Apostles' Creed

Prayer of St. Francis

Hail Holy Queen

Acts of Faith, Hope, Love

Memorare

Nicene Creed

## **PRAYERS**

### Sign of the Cross

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

### 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.

### 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.

### Angel of God

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.  
Jesus, Lord, thank you for your love that  
sent my angel from above. Amen.

### Grace After Meals

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

### Doxology

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,

### Morning Offering (Version 1)

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

### Morning Offering (Version 2) Amen.

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings, of this day in union 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 reunion of all Christians. I offer them for the intentions of our bishops and of all members of the Apostleship of Prayer, in particular for those recommended by our Holy Father this month. Amen.

### Act of Contrition (Version 1)

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.

### Apostle's 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 to the dead. 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 sins, the resurrection of the body and the life everlasting. Amen.

### Mysteries of the Rosary

#### *Joyful*

The Annunciation to Mary  
Mary's Visitation to Elizabeth  
The Birth of Jesus  
The Presentation of Our Lord in the Temple  
Finding the Child Jesus in the Temple

#### *Sorrowful Mysteries*

The Agony of Jesus in the Garden  
The Scourging of Jesus at the Pillar  
The Crowning of Thorns  
Jesus Carries His Cross  
The Crucifixion and Death of Jesus

#### *Glorious Mysteries*

The Resurrection of Jesus  
Our Lord's Ascension into Heaven  
The Descent of the Holy Spirit  
The Assumption of Mary into Heaven  
The Coronation of Mary

### *Mysteries of Light*

Baptism in the Jordan  
Wedding at Cana  
Proclamation of the Kingdom  
Transfiguration on the Mount  
Institution of the Eucharist

### Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and enkindle in us the fire of your divine love. Send forth your Spirit, O Lord, and we shall be created, and you shall renew the face of the earth. Amen.

### Angelus

The angel of the Lord declared unto Mary, *and she conceived of the Holy Spirit*, (Hail Mary)

Behold the handmaid of the Lord; *be it done unto me according to your word*. (Hail Mary)

And the Word was made flesh. *and dwelt among us*. (Hail Mary)

Pray for us, O holy Mother of God, that *we may be made worthy of the promises of Christ*. (Hail Mary)

Let us pray.

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an angel, may, by his passion and death, be brought to the glory of his resurrection. Through the same Christ our Lord. Amen.

### Memorare

Remember, O most loving 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 by this confidence, we fly unto you, O virgin of virgins, our mother. To you we come, before you we stand, sinful and sorrowful. O mother of the Word incarnate, despise not our petitions, but in your mercy hear and answer me. Amen.

### Nicene Creed

We believe in one God, the Father, The Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

### Prayer of St. Francis

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.

## **ADDITIONAL PRAYERS**

### Act of Faith

O my God, I firmly believe that you are the 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 revealed them, who can neither deceive nor be deceived. Amen.

### Act of Hope

O my God, relying on your infinite goodness 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 love. I love my neighbor as myself, for the love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

### Prayer to St. Richard of Chichester

Thank you, Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me. Merciful Friend, Brother and Redeemer, may I know you more clearly, love you more dearly and follow you more nearly, day by day. Amen.

### Prayer After Death

Eternal rest grant unto him/her, O Lord.  
*And let perpetual light shine upon him/her.*

### The 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.

### (Divine Praises – Continued)

Blessed be the Holy Spirit, the Consoler.  
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 Saint Joseph, her most chaste spouse.  
Blessed be God in his angels and in his saints.

May he/she rest in peace. *Amen.*  
May his/her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. *Amen.*

### Beatitudes

1. Blessed are the poor in spirit; the reign of God is theirs.
2. Blessed are the sorrowing; they shall be consoled.
3. Blessed are the lowly; they shall inherit the land.
4. Blessed are they who hunger and thirst for holiness; they shall have their fill.
5. Blessed are they who show mercy; mercy shall be theirs.
6. Blessed are the single-hearted; they shall see God.
7. Blessed are the peacemakers; they shall be called children of God.
8. Blessed are the persecuted for holiness' sake; the reign of God is theirs.