

# Prayers and Practices



St. John's Area School

## KINDERGARTEN PRAYER PROGRAM

Kindergarten children are expected to know by memory the following prayers by the end of the school year:

- Sign of the Cross
- Our Father
- Hail Mary
- Glory Be
- Grace Before Meals
- Silent Prayer

Kindergartners will be introduced to the following, but not expected to have memorized:

- Active participation with group responses at Mass.

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.

## **FIRST GRADE PRAYER PROGRAM**

Children in the 1<sup>st</sup> grade should know by memory the following prayers by the end of the school year:

- The Sign of the Cross
- Our Father
- Hail Mary
- Glory Be
- Grace Before Meals
- Grace After Meals
- Prayer to the Guardian Angel
- Silent Prayer

First graders will be introduced to the following, but not expected to have memorized:

- The Great Commandment (The Law of Love)
- The Rosary
- The Trinity
- Active participation with group responses at Mass

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.

## **SECOND GRADE PRAYER PROGRAM**

Students in Grade 2 should know by memory the following prayers by the end of the school year:

The Sign of the Cross

Our Father

Hail Mary

Glory Be

Grace Before and Grace After Meals

Prayer to the Guardian Angel

Formal Act of Contrition

The Great Commandment (Law of Love)

The Trinity

Active participation with group responses at mass.

Silent Prayer

Second Graders will be introduced to the following, but not expected to have memorized:

The Ten Commandments

How to Pray the Rosary

The Sorrowful Mysteries

The Seven Sacraments

Morning Offering

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.

## THIRD GRADE PRAYER PROGRAM

Students in Grade 3 should know by memory the following prayers by the end of the school year:

- Sign of the Cross
- Our Father
- Hail Mary
- Glory Be
- Grace Before and After Meals
- Prayer to the Guardian Angel
- Act of Contrition
- The Great Commandment (Law of Love)
- Morning Offering
- Sorrowful Mysteries of the Rosary
- The Seven Sacraments
- Active participation with group responses at Mass
- Silent Prayer

The following will be introduced or reviewed but not expected to be memorized:

- Apostles' Creed
- Stations of the Cross
- The Ten Commandments
- Joyful Mysteries of the Rosary

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.

## **FOURTH GRADE PRAYER PROGRAM**

Students in Grade 4 should know by memory the following prayers by the end of the school year:

- Sign of the Cross
- Our Father
- Hail Mary
- Glory Be
- Grace Before and Grace After Meals
- Prayer to the Guardian Angel
- Act of Contrition
- The Great Commandment (Law of Love)
- Morning Offering
- The Seven Sacraments
- Apostles' Creed
- Joyful and Sorrowful Mysteries of the Rosary
- Ten Commandments
- Active participation with group responses during Mass
- Silent Prayer

The following will be introduced or reviewed, but not expected to be memorized:

- Stations of the Cross
- Spiritual Works of Mercy
- Corporal Works of Mercy
- The Beatitudes
- The Glorious Mysteries of the Rosary
- The Memorare

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.

## **GRADE FIVE PRAYER PROGRAM**

Students in Grade 5 should know by memory the following prayers by the end of the school year:

- Sign of the Cross
- Our Father
- Hail Mary
- Glory Be
- Grace Before and Grace After Meals
- Prayer to the Guardian Angel
- Act of Contrition
- The Great Commandment (Law of Love)
- Morning Offering
- Seven Sacraments
- Apostles' Creed
- Joyful, Sorrowful and Glorious Mysteries of the Rosary
- The Ten Commandments
- Spiritual works of Mercy
- Corporal works of Mercy
- Memorare
- Active participation with group responses at Mass
- Silent Prayer

The following will be introduced or reviewed, but not expected to be memorized:

- Stations of the Cross
- Beatitudes
- Gifts of the Holy Spirit
- Fruits of the Holy Spirit
- Luminous Mysteries
- Nicene Creed

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.

## **GRADE 6 PRAYER PROGRAM**

Students in Grade 6 should know by memory the following prayers by the end of the school year:

- Sign of the Cross
- Our Father
- Hail Mary
- Glory Be
- Grace Before and Grace After Meals
- Prayer to the Guardian Angel
- Act of Contrition
- The Great Commandment (Law of Love)
- Morning Offering
- The Seven Sacraments
- Apostles' Creed
- Joyful, Sorrowful, Glorious, and Luminous Mysteries
- The Ten Commandments
- Spiritual Works of Mercy
- Corporal Works of Mercy
- Memorare
- Nicene Creed
- Active participation with group responses at Mass
- Silent Prayer

The following will be introduced or reviewed, but not expected to be memorized:

- Hail Holy Queen
- Prayer of St. Michael
- Beatitudes
- Stations of the Cross
- Gifts of the Holy Spirit
- Fruits of the Holy Spirit

All the prayers are listed in the back of this handbook or can be accessed through the school website under the 'teacher links' or 'student links' heading.



### 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 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.

### 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.

### 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 you thanks, Almighty God for all these gifts which we have received through Your goodness, through Christ our Lord. Amen.

### Silent Prayer

Students are to be able to offer up a personal prayer of petition or of thanksgiving.

### Prayer to the Guardian Angel

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.

### Formal 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. Our Savior Jesus Christ suffered and died for us. In His name, My God, have mercy. Amen.

### The Great Commandment (Law of Love)

You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. You shall love your neighbor as yourself.

### Morning Offering

God, our Father I give you today, all I think and do and say. I give you my love, with Jesus your Son, I'll try to be kind and love everyone. Amen.

### Seven Sacraments

Baptism

Penance

Eucharist

Confirmation

Matrimony

Holy Orders

Anointing of the sick

### 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 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.

### Stations of the Cross

1. Jesus is condemned to die.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is condemned to die.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

### The Mysteries of the Rosary

#### Joyful Mysteries

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

#### Sorrowful Mysteries

The agony in the garden  
The scourging at the pillar  
The crowning of thorns  
The carrying of the cross  
The crucifixion and death

#### Glorious Mysteries

The Resurrection  
The Ascension  
The Decent of the Holy Spirit  
The Assumption of Mary into Heaven  
The Crowning of Mary, Queen of Heaven

#### Luminous Mysteries

The Baptism of Jesus  
The wedding feast at Cana  
The Kingdom of God  
The Transfiguration  
The Holy Eucharist

### The 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 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 your neighbor's goods.

### Spiritual Works of Mercy:

Instruct the ignorant, council the doubtful, admonish sinners, bear wrongs patiently, forgive offenses willingly, comfort the afflicted, pray for the living and the dead.

### Corporal Works of Mercy:

Feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the imprisoned, and bury the dead.

### Memorare:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, and sought your intercession was left unaided. Inspired by 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.

### Nicene Creed

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 Pilot, 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.

### Hail, Holy Queen

Hail, holy Queen, mother of mercy,  
hail, our life, our sweetness, and our hope.  
To you we cry, the children of Eve:  
to you we send up our sighs,  
mourning and weeping in this land of exile.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
lead us home at last  
and show us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

### St. Michael the Archangel

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 Divine power of God -  
cast into hell, Satan and all the evil spirits,  
who roam throughout the world seeking the ruin of souls. Amen.

### 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 hunger 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 they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Gifts of the Holy Spirit

Wisdom

Understanding

Right judgment (Counsel)

Courage (Fortitude)

Knowledge

Reverence (Piety)

Wonder and awe (Fear of the Lord)

Fruits of the Holy Spirit

Charity/Love      Generosity

Joy                      Gentleness

Peace                    Faithfulness

Patience                Modesty

Kindness                Self Control

Goodness                Chastity