

HOLY FAMILY PARISH RELIGIOUS EDUCATION PROGRAM

PRAYERS & BASIC DOCTRINE

One definition of prayer is keeping company with God. Prayer is you, me, and us relating to God. There are many different types of prayer: adoration, thanksgiving, petition, and forgiveness. Prayer can be said in community, in private, can be spontaneous, wordless, or the time-honored traditional formulas.

This booklet is designed to go along with the list of prayers Religious Education students are responsible for learning. The Religious Education Program will assist parents in their responsibility to help children learn the appropriate prayers so fundamental to the Catholic faith. It is our hope that as students go through their years of Religious Education, these prayers will become a part of their every day lives.



*TEACHING
YOUNG
CHILDREN
TO
PRAY*

SECTION ONE BASIC PRAYERS

SIGN OF THE CROSS

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

THE LORD'S PRAYER

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.

PRAYER 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.

BLESSING BEFORE MEALS

Bless us, O Lord,
and these Your gifts,
which we are about to receive
from Your goodness,
through Christ, Our Lord.
Amen.

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 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 life everlasting.

Amen.

BASIC CATHOLIC KNOWLEDGE

THE GREAT COMMANDMENT

“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.”

Matthew 22:37, 39

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 your 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.

SEVEN SACRAMENTS

Sacraments of Initiation:

Baptism
Confirmation
Holy Eucharist

Sacraments of Healing:

Reconciliation (also known as Penance)
Anointing of the Sick

Sacraments of Service:

Holy Orders
Matrimony

SPIRITUAL WORKS OF MERCY

1. Help people who sin.
2. Teach people who are ignorant.
3. Give advice to people who have doubts.
4. Comfort people who suffer.
5. Be patient with other people.
6. Forgive people who hurt you.
7. Pray for people who are alive and for those who have died.

CORPORAL WORKS OF MERCY

1. Feed people who are hungry.
2. Give drink to people who are thirsty.
3. Clothe people who need clothes.
4. Visit prisoners.
5. Shelter people who are homeless.
6. Visit people who are sick.
7. Bury people who have died.

BEATITUDES (shorter version)

1. Happy are those who need God.
2. Happy are those with self-control.
3. Happy are those who are sorry for sin.
4. Happy are those who hunger and thirst for holiness.
5. Happy are the merciful.
6. Happy are those who love with all their heart.
7. Happy are the peacemakers.
8. Happy are those who suffer for doing what is right.

BEATITUDES (long version)

1. Blessed are the poor in spirit;
for theirs is the kingdom of heaven.
2. Blessed are they who mourn,
for they will be comforted.
3. Blessed are the meek,
for they will inherit the land.
4. Blessed are they who hunger and thirst for
righteousness, for they will be satisfied.
5. Blessed are the merciful,
for they will be shown mercy.
6. Blessed are the clean of heart,
for they will see God.
7. Blessed are the peacemakers;
for they will be called children of God.
8. Blessed are they who are persecuted for the sake of
righteousness, for theirs is the kingdom of heaven.

MYSTERIES OF THE ROSARY

Joyful Mysteries

1. **The Annunciation:** Mary learns that she has been

- chosen to be the mother of Jesus.
2. **The Visitation:** Mary visits her cousin Elizabeth.
 3. **The Nativity:** Jesus is born in a stable in Bethlehem.
 4. **The Presentation:** Mary and Joseph take the infant Jesus to the Temple to present him to God.
 5. **The Finding in the Temple:** Jesus is found in the Temple discussing his faith with his teachers.

Mysteries of Light

1. **Baptism of Jesus in the River Jordan:** God proclaims that Jesus is his beloved Son.
2. **Wedding Feast at Cana:** At Mary's request, Jesus performs his first miracle.
3. **Proclamation of the Kingdom of God:** Jesus calls all to conversion and service to the Kingdom.
4. **Transfiguration of Jesus:** Jesus is revealed in glory to Peter, James, and John.
5. **Institution of the Eucharist:** Jesus offers his Body and Blood at the Last Supper.

Sorrowful Mysteries

1. **Agony in the Garden:** Jesus prays in the Garden of Gethsemane on the night before he dies.
2. **Scourging at the Pillar:** Jesus is lashed with whips.
3. **Crowning with Thorns:** Jesus is mocked and crowned with thorns.
4. **Carrying of the Cross:** Jesus carries the cross that will be used to crucify him.
5. **The Crucifixion:** Jesus is nailed to the cross and dies.

Glorious Mysteries

1. **The Resurrection:** God the Father raises Jesus from the dead.
2. **The Ascension:** Jesus returns to his Father in heaven.
3. **Descent of the Holy Spirit:** The Holy Spirit brings new life to the disciples.
4. **The Assumption:** At the end of her life on earth, Mary is taken body and soul into heaven.
5. **Crowning of Mary:** Mary is crowned as Queen of Heaven and Earth.

HOLY DAYS OF OBLIGATION

1. Solemnity of Mary, Mother of God (January 1)
2. Ascension Thursday (forty days after Easter)
3. Assumption of Mary (August 15)
4. All Saints Day (November 1)
5. Immaculate Conception (December 8)
6. Christmas (December 25)

HIGHEST OF ALL HOLY DAYS

THE TRIDUUM: Holy Thursday
Good Friday
Holy Saturday Easter Vigil

LAWS OF THE CHURCH

1. Participate in Mass on Sundays and holy days of obligation.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during the Easter season.
4. Keep holy Sunday and the holy days of obligation.
5. Observe the prescribed days of fasting and abstinence.
6. Provide for material needs of the Church, according to one's abilities.

ADDITIONAL CATHOLIC PRAYERS AND PRACTICES

ACT OF FAITH

O my God, I firmly believe that You are one God
in three Divine Persons,
the Father, the Son, and the Holy Spirit.
I believe that your divine Son became human
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, who can neither deceive nor be deceived,
revealed them.
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 my 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.

ANGELUS

Leader: The angel of the Lord declared unto Mary
Response: And she conceived of the Holy Spirit.
Hail Mary, full of grace.....

Leader: Behold the handmaid of the Lord.
Response: May it be done unto me according to your
word. Hail Mary, full of grace.....

Leader: And the Word was made flesh.
Response: And dwelt among us.
Hail Mary, full of grace.....

Leader: Pray for us, O Holy Mother of God.
Response: That we may be made worthy of the promises
of Christ.

Leader: Let us pray:
ALL: O Lord,
it was through the message of an angel
that we learned of the incarnation of
Christ, your Son.
Pour your grace into our hearts,
and by his Passion and Cross bring us
to the glory of his Resurrection.
Through Christ, our Lord. Amen.

VOCATION PRAYER

God, I know you will call me
for special work in my life.
Help me follow Jesus each day
and be ready to answer your call.

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 least
and show us the blessed fruit
of your womb, Jesus:
O clement, O loving, O sweet
Virgin Mary.

GIFTS OF THE HOLY SPIRIT

Wisdom

Understanding

Counsel (Right Judgment)

Fortitude (Courage)

Knowledge

Piety (Reverence)

Fear of the Lord (Wonder and Awe)

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
and they shall be created.
And you will renew the face of the earth.

STATIONS OF THE CROSS

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time
8. Jesus meets the women.
9. Jesus falls the third time.
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is buried in the tomb.
15. Jesus is raised from the dead.