

***MY BOOK OF
PRAYERS AND CORE
TEACHINGS***



Sign of the Cross

The Sign of The Cross



1. With your right hand, touch your forehead and pray, "In the name of The Father."



2. Touch the center of your chest and pray, "and of The Son,"



3. Touch your left shoulder and pray, "and of The Holy..."



4. Touch your right shoulder and pray, "Spirit, Amen."

Hail Mary

Hail Mary, full of grace!
the Lord is with thee,
Blessed are thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for our sinners,
now and at the hour of our death.
Amen.

Children's Bedside Prayer

Bless me, Lord, as this day ends,
Bless my family and all my friends,
Keep me safe throughout the night,
and wake me with the morning's light.

Our Father (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



Blessing Before Meals (Grace)

Bless us O Lord,
and these thy gifts,
which we are
are about to receive,
from thy bounty
through Christ,
our Lord.
Amen.



Now I Lay Me Down to Sleep

Now I lay me down to sleep,
I pray the Lord my soul to keep.
Angels watch me through the night,
And wake me with the morning light.

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

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.

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, 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.



Believe

The 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 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.
persecution
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.

Beatitudes

1. Blessed are the poor in spirit.
for theirs is the kingdom of God.
2. Blessed are the meek,
for they shall possess the earth.
3. Blessed are they who mourn,
for they shall be comforted.
4. Blessed are they who hunger and thirst
for justice,
for they shall be satisfied.
5. Blessed are the merciful,
for they shall obtain mercy.
6. Blessed are the clean of heart,
for they shall see God.
7. Blessed are the peacemakers,
for they shall be called children of God.
8. Blessed are they who suffer
for justice' sake,
for theirs is the kingdom of heaven.

Corporal Works of Mercy

1. Feed the Hungry
2. Give Drink to the Thirsty
3. Shelter the Homeless
4. Visit the Sick
5. Visit the Prisoners
6. Bury the Dead
7. Give Alms to the Poor

Spiritual Works of Mercy

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



Holy Days of Obligation

Holy Days of Obligation (outside of Sunday)

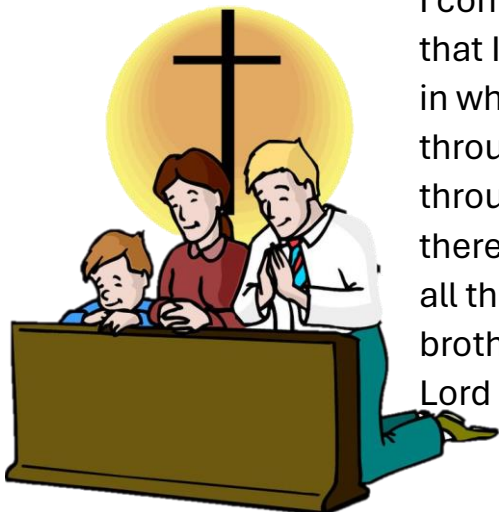
1. Solemnity of Mary: January 1
2. Easter
3. Ascension of Jesus: Celebrated on the sixth Thursday after Easter Sunday
4. Assumption of the Blessed Virgin Mary: August 15
5. Solemnity of All Saints: November 1
6. Immaculate Conception of the Blessed Virgin Mary: December 9
7. Christmas: December 25

The Ten Commandments

1. "I, the Lord, am your God. You shall not have any other gods besides me."
Always put God first.
2. "You shall not take the name of the Lord, your God, in vain."
Use God's name with respect.
3. "Remember to keep holy the Lord's Day."
Go to Church on Sunday.
4. "Honor your father and mother."
Respect your mother and father.
5. "You shall not kill."
Do not hurt or kill anyone.
6. "You shall not commit adultery."
Respect marriage promises.
7. "You shall not steal."
Do not steal.
8. "You shall not bear false witness against your neighbor."
Do not lie.
9. "You shall not covet your neighbor's wife."
Do not be jealous of other relationships.
10. "You shall not covet anything that belongs to your neighbor."
Do not be jealous of what others have.



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.

Fatima Prayer

O my Jesus, forgive us our sins,
Save us from the fires of hell,
Lead all souls to heaven,
Especially those who have most
Need of Thy mercy.



Hail Holy Queen

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 towards us,
and after this our exile show us the
blessed fruit of thy womb, Jesus. O
clement, O loving, O sweet Virgin Mary.

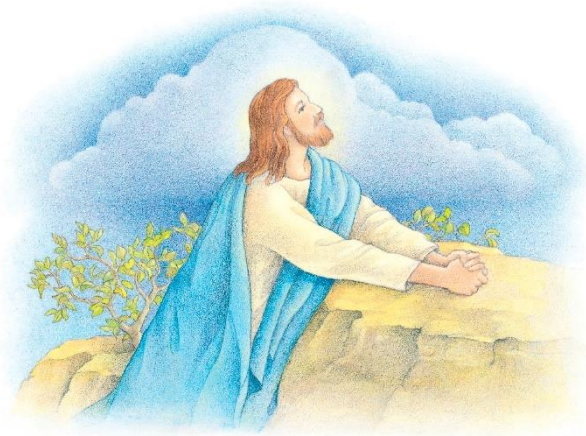


A PRAYER FOR THE SEVEN GIFTS OF THE HOLY SPIRIT

Lord Jesus Christ,
Send down your Spirit upon me.
When I am uncertain, grant me **wisdom**.
When I am confused, grant me **understanding**.
When I am ignorant, grant me **knowledge**.
When I am wandering, grant me **counsel**.
When I am afraid, grant me **fortitude**.
When I am separated from you, grant me **piety**.
When I am selfish, grant me the **fear of the Lord**.
I ask for an outpouring of your Spirit with all of these gifts in your name.
Amen.

12 Fruits of the Holy Spirit





- First Grade
 - Sign of the Cross
 - Hail Mary
 - Blessing Before Meals (Grace)
 - Bedtime prayer
- Second Grade
 - Our Father
 - Act of Contrition (I Confess)
- Third Grade
 - Glory Be
 - Apostle's Creed
- Fourth Grade
 - The Nicene Creed
 - The Beatitudes and Works of Mercy
- Fifth Grade
 - Holy Days of Obligation
 - The Ten Commandments
 - Fatima Prayer
- Sixth Grade
 - The Names of the Apostles
 - Pray the Rosary
 - Confiteor
- Seventh Grade
 - The Stations of the Cross
 - Hail Holy Queen
- Eighth Grade
 - The Seven Gifts of the Holy Spirit
 - The Fruits of the Holy Spirit