

# Church of the Holy Spirit



## Our Prayers

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## Prayers

### Letter from the Office of Faith Formation for Children

#### Church of the Holy Spirit

8570 Vaughn Road, Montgomery, AL 36117

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January 16, 2009

**TO:** Parents with Children Enrolled in Parish Faith Formation Class

**SUBJECT: Prayers To Be Learned**

In The Catholic Week, dated October 10, 2008, Archbishop Rodi's article "**Prayers**," has sparked a lot conversation among those of us who coordinate programs within the archdiocese and who teach in the classrooms. I want to share with you Archbishop Rodi's message and to re-emphasize the importance of instilling the practice and teaching Catholic prayers at home.

After this letter, in this booklet, is a copy of the article for you to read. Please note the following points:

1. The importance of knowing the prayers by heart.
2. Memorizing prayers should be done in one's youth.
3. Understanding the meaning begins as a child and is a life-long process.
4. The most important prayer, as taught by Jesus, is the Our Father.
5. Importance of Catholics knowing the same prayer language for communal prayers and those used in praying the rosary.

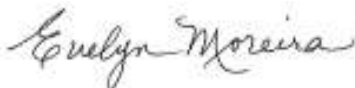
Also included in this booklet, is a listing of "**Prayers To Be Learned**" by grade level and the prayers that correlate with it.

This list was comprised from guidance provided in the "**Archdiocesan Curriculum Guidelines, Expectations, and Sample Assessments for Religious Education.**" This document is reviewed and updated as needed by the Office of Religious Education, Archdiocese of Mobile.

Please use this information at home with your family members. The Sadlier Textbook used in class (for each grade level) has a section in the back of the book called '**Prayers and Practices.**' Catechists are using this tool in class. Together, we can find ways of implementing the teaching/praying of these prayer versions to our students.

Thank you for all you do. God bless you always.

Sincerely,



Evelyn Moreira

**Prayers**  
**From the Archbishop**  
**By Most Reverend Thomas J. Rodi**

*Catholic Week 10-10-2008*

**Prayers**

It is obvious that Jesus thought that prayer was important. There are several times in the Gospels in which it is recorded that Jesus went away by himself and prayed. Elsewhere in the Gospels, Jesus taught his disciples the importance of prayer. When the Apostles asked him to teach them how to pray, he gave them, and us, the Our Father or Lord's Prayer. Jesus prayed alone and he prayed with his disciples. It is clear he wants us to pray both as individuals and as a community. One of the best ways we have of praying together is when we pray the communal prayers of the Church.

The Lord calls us to pray as a community:

*Again I tell you, if two of you join your voices on earth to pray for anything whatever, it shall be granted you by my Father in heaven. Where two or three are gathered in my name, there am I in their midst. (Matthew 18:19-20)*

It is through liturgy that the unity of the Church is made visible, celebrated, and strengthened. It is in common worship that Catholics pray together various prayers which bind us together and buttress our faith. First among these prayers is the one our Lord himself taught: the Our Father. As our Holy Father, Pope Benedict XVI commented in his recent book *Jesus of Nazareth*:

*The context (of the Our Father in the Gospels), then, is that the disciples see Jesus praying and it awakens in them the wish to learn from him how to pray...The fact that Luke places the Our Father in the context of Jesus' own praying is therefore significant. Jesus thereby involves us in his own prayer; he leads us into the interior dialogue of triune love... The meaning of the Our Father goes much further than the mere provision of a prayer text. It aims to form our being, to train us in the inner attitude of Jesus. (p. 132)*

Besides the Our Father, Catholics should also know how to pray the beautiful and grace-filled prayer of the rosary. And there are other prayers also which Catholics need to learn as soon as possible in their faith life. Among these are the Hail Mary, Glory Be, Act of Contrition, the Memorare, and the Apostles' Creed. Quoting the Holy Father again:

*(Our prayer life) can and should be a wholly personal prayer. But we also constantly need to make use of those prayers that express in words the encounter with God experienced by the Church as a whole and by individual members of the Church. For without these aids to prayer, our own praying and our image of God become subjective and end up reflecting ourselves more than the living God. (p. 130)*

There is no reason why Catholic children should not know these prayers by heart. We do our young people a disservice when we do not teach these prayers at an early age, and instead delay the knowledge of these treasures of faith until some undetermined future time. I was amazed and disappointed one time, years ago, when I visited a Catholic school and was told that the children are not taught these prayers until 8th grade because they contain "big words." And yet even the

## Prayers

Kindergarten students at this same school were expected to recite the *Pledge of Allegiance to the Flag* every morning even though it too contains "big words." It is necessary to share both knowledge of the words and an understanding of their meaning. Knowledge of the words should come in youth; understanding of their meaning begins in youth and is a life-long process. I hope, and expect, that our children in our Catholic schools and in our parish schools of religion, and all Catholics, know these shared communal prayers of our Church.

The words of these prayers are printed with this article. Sometimes forms of these prayers may have slight differences. The words below are from the *Compendium to the Catechism of the Catholic Church* as approved by Pope Benedict XVI. Since the wording of these prayers is approved by the Holy Father, it is the text which is more appropriate for our use as a community of faith in the Archdiocese of Mobile.

### ***The 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.

### ***The Hail Mary***

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou amongst 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.*

### ***The 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 ever shall be  
World without end. Amen

### ***The Memorare***

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who  
fled to thy protection, implored thy help or  
sought thy intercession, was left unaided.  
Inspired by this confidence, I fly  
unto thee, O Virgin of virgins, my Mother.  
To thee do I come, before  
thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions, but in thy mercy  
hear and answer me. Amen.

### ***The 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; the third day  
He rose again from the dead;  
He ascended into heaven, and sits  
at the right hand of God the Father  
almighty, from thence He shall  
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.

## Prayers

### ***The Act of Contrition***

O my God I am heartily sorry for having  
offended Thee.  
And I detest all my sins because of thy just  
punishments,

but most of all because they offend Thee, my  
God,  
Who art all good and deserving of all my love.  
I firmly resolve, with the help of Thy grace,  
to sin no more  
and to avoid the near occasion of sin. Amen.

## ***PRAYERS TO BE LEARNED***

### **Kindergarten:**

#### **The Sign of the Cross**

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

### **Grade 1:**

#### **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 ever shall be, world without  
end. 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 amongst 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.

### **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.

### **Grace After Meals**

We give you thanks, almighty God, for these  
benefits and all your gifts which we have  
received, through Christ our Lord. Amen.

### **Grade 2:**

#### **I – An Act of Contrition**

O my God, I am heartily sorry for having  
offended you, and 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 sin no more and to avoid the near  
occasion of sin. Amen.

#### **II - An 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.

## Prayers

### Simple Morning Offering

My God, I offer you all my prayers, works, and sufferings of this day for all the intentions of your most Sacred Heart. Amen.

### Grade 3:

#### The 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.

#### Angel of God (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.

### How to Pray the Rosary

The rosary has been prayed since the thirteenth century. While meditating on the life of Jesus, one recites the prayers that bring one closer to Him and to His Mother, Mary.

Start by making the **Sign of the Cross**:

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

Then recite the **Apostles Creed**:

*I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord.*

*He was conceived by the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, and is seated at the right hand of God the Father Almighty. 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.*

Then say **1 - Our Father**, **3 - Hail Mary's** for the virtues of Faith, Hope and Charity; and then **1 - Glory Be to the 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**, 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 death. Amen.

## Prayers

**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.

The Rosary is divided into four parts, each having five mysteries. While meditating on the Mysteries, recite:

**1 - Our Father, 10 - Hail Mary's** and **1 - Glory Be** for each Mystery.

After each Mystery the "**Fatima Prayer**" is said.

*O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of Thy mercy.*

All together this makes up one decade.

After the completion of the five mysteries (five decades), the "**Hail Holy Queen**" is said:

*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 us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin 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.*

*O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and*

*obtain what they promise, through the same Christ our Lord. Amen.*

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## The Mysteries of the Rosary

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### The Joyful Mysteries

(Mondays and Saturdays, may be said on Sundays during Advent and Christmas):

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

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### The Sorrowful Mysteries

(Tuesdays and Fridays, may be said on Sundays during Lent):

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

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**Grade 4:** (see previous page for how to Pray the Rosary)

### The Glorious Mysteries

(Wednesdays and Sundays):

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

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### The Luminous Mysteries (Mysteries of Light)

(Thursdays):

1. The Baptism in the Jordan
2. The Wedding at Cana
3. Proclamation of the Kingdom

## Prayers

4. The Transfiguration
5. Institution of the Eucharist

### Grade 5:

#### 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 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 worshipped 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 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 shall renew the face of the earth.

Let us pray. Lord, by the light of the Holy Spirit you have taught the hearts of your faithful.

In the same Spirit help us to relish what is right and always rejoice in your consolation.

### Grade 6:

#### The Memorare

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

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother.

To thee do I come,  
before thee I stand,  
sinful and sorrowful.

O Mother of the Word Incarnate,  
despise not my petitions, but in thy mercy  
hear and answer me. Amen.

#### The Angelus

V. The Angel of the Lord declared to Mary.

R. And she conceived of the Holy Spirit.

*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.*

V. Behold the handmaid of the Lord.

R. Be it done unto 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

## Prayers

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.

### Grade 7:

#### Act of Faith

O my God, I firmly believe that You are 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 have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived.

In this faith I intend to live and die. Amen.

#### 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.

Blessed be the Holy Spirit, the Paraclete.

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.

### Grade 8:

#### Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. 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; 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 pardoning that we are pardoned; and it is in dying that we are born to eternal life.

#### Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

#### Prayer for My Vocation

Dear God, You have a great and loving plan for our world and for me. I wish to share in that plan fully, faithfully, and joyfully.

Help me to understand what it is you wish me to do with my life.

Help me be attentive to the signs that you give me about preparing for the future.

And once I have heard and understood your call, give me the strength and the grace to follow it with generosity and love.

## **Prayers**

### **Prayers for the Dead**

May the angels lead you into paradise; may the martyrs come to welcome you and take you to the holy city, the new and eternal Jerusalem. Amen.

### **Eternal Rest**

Eternal rest grant unto them, o Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

***Church of the Holy Spirit***

8570 Vaughn Rd., Montgomery, AL 36117

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