

Holy Family Catholic Schools **Prayer Guide**

Grades K-8



- Prayers listing per grade
- Parent/Teacher Sign-Off

Student Name:

Grade 6

Parent _____ Date _____

Teacher _____ Date _____

Grade 7

Parent _____ Date _____

Teacher _____ Date _____

Grade 8

Parent _____ Date _____

Teacher _____ Date _____

Parent/Teacher Sign-Off Page

Kindergarten

Parent _____ Date _____

Teacher _____ Date _____

Grade 1

Parent _____ Date _____

Teacher _____ Date _____

Grade 2

Parent _____ Date _____

Teacher _____ Date _____

Grade 3

Parent _____ Date _____

Teacher _____ Date _____

Grade 4

Parent _____ Date _____

Teacher _____ Date _____

Grade 5

Parent _____ Date _____

Teacher _____ Date _____



Prayers Beliefs and Practices

Suggested/Recommended
at Developmentally Appropriate
Grade Levels
by the Archdiocese of Dubuque

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Kindergarten

- **Sign of the Cross**

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



- **Grace Before a Meal**

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

- **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 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 are 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

COMMENTS:

Grade 8

- **The Seven Capital Sins**

- ◇ Pride
- ◇ Covetousness
- ◇ Lust
- ◇ Anger
- ◇ Gluttony
- ◇ Envy
- ◇ Sloth

- **The Four Last Things**

1. Death
2. Judgment
3. Hell
4. Heaven



Grade 1

- **Sign of the Cross**
- **Grace Before a Meal**
- **Our Father/The Lord's Prayer**
- **Hail Mary**

New Prayers, Beliefs and Practices Introduced at this Level

- **Grace After a Meal**



We give thee thanks, for all thy benefits, Almighty God, who live and reign forever.
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 (traditional wording)

Glory 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 (found in the Liturgy of the Hours)

- **Morning Prayer**

God, my Father, I give you today all that I think and do and say. I'll work and study, have fun and pray. Jesus be with me all through the day. Amen

- **Angel of God**

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

Grade 2

- **Sign of the Cross**
- **Grace Before a Meal**
- **Our Father/The Lord's Prayer**
- **Hail Mary**
- **Grace After a Meal**
- **Glory Be**
- **Morning Prayer**
- **Angel of God**

New Prayers, Beliefs and Practices Introduced at this Level

- **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 (alternate version from the Rite of Penance)

- **Communion Fast**

We are expected to fast from food or drink for at least one hour prior to the reception of Holy Communion.

- **Communion Regulations**

◊ As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently.

Grade 8

- **Mary's Prayer (Magnificat)**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel.

- **Psalm 23**

The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side. With your rod and staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come.

- **Confiteor**

I confess to almighty God and to you, my brothers and sisters that I have sinned through my own fault, in my thoughts and in my words, in what I have done and what I have failed to do. And 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. May almighty God have mercy on us, forgive us our sins and bring us to life everlasting. Amen

Grade 8

- **The Gifts of the Holy Spirit**
- **Four Gospels**
- **The Golden Rule**
- **Nicene Creed**
- **Come, Holy Spirit (Prayer to the Holy Spirit)**
- **Angelus**
- **Holy Days of Obligation**
- **Regulations for Fast and Abstinence**
- **The Three Theological Virtues**
- **The Four Cardinal Virtues**

New Prayers, Beliefs and Practices Introduced at this Level

- **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.

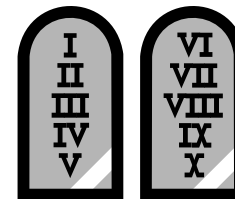
Grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Grade 2

- ◇ In order to be properly disposed to receive Communion, participants should be conscious of no grave sin and normally should have fasted for one hour.
- ◇ A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (CIC, can. 916).
- ◇ A frequent reception of the Sacrament of Penance is encouraged for all.

- **The Ten Commandments**

1. I, The Lord, am your God. You shall not have other gods besides 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 neighbor's goods.



Grade 3

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Grace After a Meal
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

New Prayers, Beliefs and Practices Introduced at this Level

- **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.

- **The Rosary**

1. Make the Sign of the Cross
2. Holding the Crucifix, say the Apostles' Creed
3. On the first bead, say an Our Father
4. Say three Hail Marys on each of the next three beads. Say the Glory Be.

Grade 8

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Grace After a Meal
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit

Grade 7

- **Holy Days of Obligation** (con't)
 - ◇ Mary Mother of God—January 1
 - ◇ Ascension of the Lord—40 days after Easter or the following Sunday (celebrated on the 7th Sunday of Easter in the Archdiocese of Dubuque)
 - ◇ The Assumption of Mary—August 15
 - ◇ All Saints day—November 1
 - ◇ The Immaculate Conception of Mary—December 8
 - ◇ Nativity of our Lord or Christmas—December 25
- **Regulations of Fast and Abstinence**
 - ◇ Fasting is refraining from food or drink to some degree.
 - ◇ Abstinence is refraining from eating meat.
 - ◇ In the United States, Ash Wednesday and Good Friday are days of fast and abstinence, and all Fridays of Lent are days of abstinence.
 - ◇ The obligation to abstain from meat binds all Catholics 14 years of age and older. The obligation to fast, limiting oneself to one full meal and two lighter meals in the course of a day, binds Catholics from the ages of 21 to 59.
- **The Three Theological Virtues**
 1. Faith
 2. Hope
 3. Charity
- **The Four Cardinal Virtues**
 1. Prudence
 2. Justice
 3. Fortitude
 4. Temperance



Grade 3

5. Go to the main part of the rosary. For each of the five decades, announce the Mystery, then say the Our Father. While fingering each of the ten beads of the decade, say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.
6. Announce the second Mystery and continue in the same way until each of the five Mysteries of the selected group or decades is said.
7. After saying the five decades, say the Hail, Holy Queen.



- **The Two Commandments of Love**
 1. You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.
 2. You shall love your neighbor as yourself.
(Matthew 22:37-39)
- **Liturgical Year**
 - ◇ Advent-Christmas Season (Christmas day until Sunday after Epiphany)
 - ◇ Lent (Ash Wednesday until Holy Saturday)
 - ◇ Easter Season (Easter Sunday until Pentecost, 50 days after Easter)
 - ◇ Ordinary Time

Grade 4

- **Sign of the Cross**
- **Grace Before a Meal**
- **Our Father/The Lord's Prayer**
- **Hail Mary**
- **Grace After a Meal**
- **Glory Be**
- **Morning Prayer**
- **Angel of God**
- **Act of Contrition**
- **Communion Fast**
- **Communion Regulations**
- **The Ten Commandments**
- **Apostles' Creed**
- **The Rosary**
- **The Two Commandments of Love**
- **Liturgical Year**

New Prayers, Beliefs and Practices Introduced at this Level

- **Jesus Prayer**
Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.
- **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

Grade 7

forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen

- **Come, Holy Spirit (Prayer to the Holy Spirit)**
V. Come, Holy Spirit, fill the hearts of your faithful.
R. And kindle in them the fire of your love.
V. Send forth your Spirit and they shall be created.
R. And you shall renew the face of the earth.
Let us pray: O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, Our Lord. Amen
- **Angelus**
V. The angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit. Hail Mary . . .
V. Behold the handmaid of the Lord.
R. Be it done to 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 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
- **Holy Days of Obligation**—On these days, there is an obligation to attend Mass and to refrain from servile work as much as possible.

Grade 7

- **The Gifts of the Holy Spirit**
- **Four Gospels**
- **The Golden Rule**

New Prayers, Beliefs and Practices Introduced at this Level

- **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

Grade 4

- **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

- **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

- **Seven Sacraments**

- ◇ Sacraments of Initiation: Baptism, Confirmation, Eucharist
- ◇ Sacraments of Healing: Penance and Reconciliation; Anointing of the Sick
- ◇ Sacraments of the Service of Communion: Holy Orders and Matrimony (Marriage)



- **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 (or pure of heart), for they will see God.

Grade 4

- ◇ Blessed are the peacemakers, for they will be called children of God.
- ◇ Blessed are they who are persecuted for the sake of righteousness (or righteousness' sake), for theirs is the kingdom of heaven.
- ◇ Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.
- **Mysteries of the Rosary**
 - Joyful Mysteries (*recited Monday and Saturday*)
 - The Annunciation
 - The Visitation
 - The Nativity (birth of Jesus)
 - The Presentation
 - The Finding in the Temple
 - Mysteries of Light or Luminous (*recited Thursday*)
 - The Baptism of Jesus
 - The Wedding Feast of Cana
 - The Proclamation of the Kingdom, with the call to Conversion
 - The Transfiguration
 - The Institution of the Eucharist
 - Sorrowful Mysteries (*recited Tuesday and Friday*)
 - The Agony in the Garden
 - The Scourging at the Pillar
 - The Crowning with Thorns
 - The Carrying of the Cross
 - The Crucifixion

Grade 7

- **Sign of the Cross**
- **Grace Before a Meal**
- **Our Father/The Lord's Prayer**
- **Hail Mary**
- **Grace After a Meal**
- **Glory Be**
- **Morning Prayer**
- **Angel of God**
- **Act of Contrition**
- **Communion Fast**
- **Communion Regulations**
- **The Ten Commandments**
- **Apostles' Creed**
- **The Rosary**
- **The Two Commandments of Love**
- **Liturgical Year**
- **Jesus Prayer**
- **Act of Faith**
- **Act of Hope**
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- **Seven Sacraments**
- **Beatitudes**
- **Mysteries of the Rosary**
- **The Stations of the Cross**
- **Morning Offering**
- **Memorare**
- **Hail Holy Queen**
- **The Five Precepts of the Church**
- **Parts of the Mass**
- **The Seven Corporal Works of Mercy**
- **The Seven Spiritual Works of Mercy**
- **The Fruits of the Holy Spirit**

Grade 6

- **The Fruits of the Holy Spirit** (con't)
 - ◇ Self-control
 - ◇ Chastity
- **The Gifts of the Holy Spirit**
 1. Wisdom
 2. Understanding
 3. Counsel (Right Judgment)
 4. Fortitude (Courage)
 5. Knowledge
 6. Piety (Reverence)
 7. Fear of the Lord (Wonder and Awe in God's Presence)
- **Four Gospels**
 - ◇ Matthew, Mark, Luke, and John
- **The Golden Rule** (*cf. Mt 7:12*)

Do unto others as you would have them do to you.

Do unto others as you would have them do to you

Grade 4

- **Mysteries of the Rosary** (con't)
 - Glorious Mysteries (*recited Wednesday and Sunday*)
 - The Resurrection
 - The Ascension
 - The Descent of the Holy Spirit
 - The Assumption
 - The Crowning of Mary Queen of Heaven and Earth

Grade 5

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Grace After a Meal
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

New Prayers, Beliefs and Practices Introduced at this Level

- **The 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

Grade 6

New Prayers, Beliefs and Practices Introduced at this Level

- **The Seven Corporal Works of Mercy**
 1. Feed the hungry
 2. Give drink to the thirsty
 3. Clothe the naked
 4. Shelter the homeless
 5. Visit the sick
 6. Visit the imprisoned
 7. Bury the dead
- **The Seven Spiritual Works of Mercy**
 1. Counsel the doubtful
 2. Instruct the ignorant
 3. Admonish sinners
 4. Comfort the afflicted
 5. Forgive offenses
 6. Bear wrongs patiently
 7. Pray for the living and the dead
- **The Fruits of the Holy Spirit**
 - ◇ Charity
 - ◇ Joy
 - ◇ Peace
 - ◇ Patience
 - ◇ Kindness
 - ◇ Goodness
 - ◇ Generosity
 - ◇ Gentleness
 - ◇ Faithfulness
 - ◇ Modesty

Grade 6

- Sign of the Cross
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- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass

Grade 5

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 placed in the tomb

- **Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen

- **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

Grade 5

- **The Five Precepts of the Church**

1. You shall attend Mass on Sundays and holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

- **Parts of the Mass**

Introductory Rites

- ◇ Gathering Song
- ◇ Greeting
- ◇ Penitential Rite (or blessing and sprinkling with holy water)
- ◇ Glory to God
- ◇ Opening Prayer

Liturgy of the Word

- ◇ First Reading (usually from the Old Testament)
- ◇ Responsorial Psalm
- ◇ Second Reading (usually from one of the letters of the New Testament)
- ◇ Gospel Acclamation
- ◇ Gospel
- ◇ Homily (an explanation of the readings)
- ◇ Profession of Faith (Creed)
- ◇ General intercessions (Prayers of the Faithful)

Grade 5

Liturgy of the Eucharist

- ◇ Preparation and presentation of the gifts
- ◇ Prayer over gifts
- ◇ Preface
- ◇ Holy, Holy, Holy Lord
- ◇ Eucharist Prayer (during this prayer the bread and wine become the Body and Blood of Jesus)
- ◇ The Great Amen
- ◇ Communion Rite
 - * The Lord's Prayer
 - * Sign of Peace
 - * Breaking of the Bread
 - * Lamb of God
 - * Reception of Communion
 - * Prayer after Communion

Concluding Rite

- ◇ Blessing
- ◇ Dismissal

