

Taking Traditional Prayers to Heart: Memorization of Prayer—One of the ways that we sustain the “memory” of the Church is through the memorization, or “taking to heart,” of traditional prayers. Traditional prayers are like family heirlooms—they have been passed on from generation to generation.

THE SIGN OF THE CROSS

In the Name of the Father,
and of the Son,
and of the Holy Spirit.
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 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 (DOXOLOGY)

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.

ACT OF CONTRITION

O my God, I am heartily sorry for all my sins because they offend You, who are infinitely good, and I firmly resolve, with the help of Your grace, never to offend You again. Amen.

THE PRECEPTS OF THE CHURCH

The Precepts are special laws of the Church. They tell us to:

1. Participate in Mass on Sundays and Holy Days of Obligation.
2. Confess serious sin at least once a year.
3. Receive Holy Communion at least once a year during the Easter season.
4. Observe the days of fast and abstinence.
5. Provide for the needs of the Church.

THE SEVEN SACRAMENTS

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

THE TEN COMMANDMENTS

God gave us the Ten Commandments. They help us to do good and avoid evil.

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.

PRAYERS FOR HOLY COMMUNION 1st Grade Up

OUR PROFESSION OF FAITH 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:
(Bow) **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.

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, our
life, our sweetness, and our hope. To you
do we cry poor banished children of Eve.
To you do we send up our sighs, mourning
and weeping in this valley of tears. Turn
then, O most gracious advocate, your eyes
of mercy toward us and after this our exile
show unto us the blessed fruit of your
womb, Jesus. O clement! O loving! O
sweet Virgin Mary! Pray for us, O Holy
Mother of God. That we may be made
worthy of the promises of Christ.

PRAYERS FOR HOLY COMMUNION 1st GRADE UP (NO Nicene Creed for 1st & 2nd)

THE BEATITUDES

Matthew 5:1-12:

1. Blessed are the Poor in Spirit, for theirs is the kingdom of Heaven.
2. Blessed are those who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness for they will be filled.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called sons of God.
8. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.