

**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 you 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 1<sup>st</sup> GRADE UP (NO Nicene Creed for 1<sup>st</sup> & 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.