

# St. Anthony Religious Education Program

## Catholic Prayers and Facts (*REVISED for the Third Roman Missal*)

*Children are expected to know these prayers and facts for the grade listed and all years following, as they pray and discuss Catholic teachings during class. Please review and teach your children these prayers and facts in your home throughout the year. May God bless your home as you pray these with your children and always.*

### Catholic Prayers To Be Learned Per Grade Level

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

**Kindergarten**

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

#### **Glory Be**

*Matthew 28: 19*

**Kindergarten**

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.

#### **Grace before Meals**

**Kindergarten**

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

#### **Hail Mary**

*Luke 1: 28, 42*

**1<sup>st</sup> grade**

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.

#### **Our Father**

*Matthew 6:9-13; Luke 11: 2-4*

**1<sup>st</sup> grade**

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.

#### **Prayer to My Guardian Angel**

**1<sup>st</sup> grade**

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, rule and guide. Amen

#### **Act of Contrition**

**2<sup>nd</sup> grade**

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.

#### **The Nicene Creed**

*from the Council of Nicaea, 325 AD*

**3<sup>rd</sup> grade**

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. 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 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.

### **Apostle's Creed**

**4<sup>th</sup> grade**

I believe in one 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 and 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, and is seated at the right hand of God the Father almighty; from there 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 the life everlasting. Amen.

### **Confiteor**

*Used at Liturgical Celebrations*

**5<sup>th</sup> grade**

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, *(and striking their breast, they say)* through my fault, through my fault, through my most grievous fault; *(then they continue:)* 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. Amen.

### **The Memorare**

**6<sup>th</sup> grade**

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

### **Prayer of the Holy Spirit**

**Confirmation I**

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 will renew the face of the earth. Let us pray: O God who has taught the hearts of the faithful by the light of the Holy Spirit; grant that, by the gift of the same Spirit, we may be always truly wise, and ever rejoice in His consolation. Through Christ our Lord. Amen.

### **Prayer of Saint Francis**

**Confirmation II**

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 in pardoning that we are pardoned; it is in dying that we are born again to eternal life. Amen.

## **Other Traditional Prayers**

### **Prayer to St. Michael the Archangel**

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

### **The Angelus**

The Angel of the Lord declared to Mary: 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.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary ...

And the Word was made Flesh: And dwelt among us.

Hail Mary ...

Pray for us, O Holy Mother of God, 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 angle, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. Amen.

## Catholic Facts to be Learned Per Grade Level

### Seven Sacraments

Baptism\*

Confirmation\*

Holy Orders

Eucharist\*

Marriage

Reconciliation

Anointing of the Sick

(\*Sacraments of Initiation)

2<sup>nd</sup> grade

### The Ten Commandments

*Exodus 20: 1-17; Deuteronomy 5: 1-21*

3<sup>rd</sup> grade

1. I am the Lord, your God. You shall have no other gods besides Me.
2. You shall not take the name of the Lord, your God in vain.
3. Remember to keep holy the Sabbath 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 anything that belongs to your neighbor.

### The Eight Beatitudes

*Matthew 5: 3-11; Luke 6: 20-26*

4<sup>th</sup> grade

1. Blessed are the poor in Spirit, for theirs is the Kingdom of Heaven
2. Blessed are they who mourn, for they will be comforted
3. Blessed are the meek, for they will inherit the land
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied
5. Blessed are the merciful, for they will be shown mercy
6. Blessed are the clean of heart, for they will see God
7. Blessed are the peacemakers, for they will be called children of God
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven

### Spiritual Works of Mercy

*from the teachings of Jesus*

5<sup>th</sup> grade

Warn the sinner

Instruct the ignorant

Counsel the doubtful

Comfort the sorrowing

Bear wrongs patiently

Forgive all injury

Pray for the Living and the Dead

### Corporal Works of Mercy

*Matthew 25: 31-26*

6<sup>th</sup> grade

Feed the hungry

Visit the sick

Give drink to the thirsty

Welcome the stranger

Bury the dead

Clothe the naked

Visit those in prison

### Precepts of the Church

*CCC #2041-2046, 2048*

Confirmation I

1. You shall attend Mass on Sundays, and holy days of obligation and avoid unnecessary work.
2. You shall confess your serious sins at least once a year.
3. You shall receive the Sacrament of the Eucharist frequently, 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.

**Fruits of the Holy Spirit**

*Matthew 7: 17-20*

**Confirmation I**

Charity	Generosity	Joy
Gentleness	Peace	Faithfulness
Patience	Modesty	Kindness
Self-control	Goodness	Chastity

**The Three Theological Virtues and Four Cardinal Virtues**

**Confirmation II**

The Three Theological Virtues: Faith, Hope and Charity  
The Four Cardinal Virtues: Prudence, Justice, Fortitude and Temperance

**Gifts of the Holy Spirit**

*Isaiah 11: 2-3*

**Confirmation II**

Wisdom	Understanding	Knowledge
Counsel	Fortitude	Piety
Fear of the Lord		

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