

### **Sign of the Cross**

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

### **Grace Before Meals**

Bless us, O Lord!  
And these Thy gifts,  
Which we are about to receive  
From Thy bounty,  
Through Christ our Lord. Amen.

### **Grace After Meals**

We give Thee thanks  
For all Thy benefits, O Almighty God,  
Who livest and reignest world without end. Amen.  
May the souls of the faithful departed,  
Through the mercy of God, rest in peace. Amen.

### **Guardian Angel**

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.

### **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 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.

### **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.

### **Confiteor**

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,  
Through my fault,  
Through my fault,  
Through my most grievous fault;  
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.

### **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 occasions of sin.  
Amen.

### Prayers of the Faithful

These intercessory prayers proceed from the general to the specific.

Thus, the series of intentions is always:

- 1) For the needs of the universal church
- 2) For the public authorities and the salvation of the world
- 3) For those burdened by any kind of difficulty
- 4) For the local community

Respond "Lord, hear our **prayer**" after each intercession.

### Stations of the Cross

The 14 Stations of the Cross represent events from Jesus' passion and death. At each station we use our senses and our imagination to reflect prayerfully upon Jesus' suffering, Death, and Resurrection.

1. **Jesus Is Condemned to Death.**
2. **Jesus Takes Up His Cross.**
3. **Jesus Falls the First Time.**
4. **Jesus Meets His Sorrowful Mother.**
5. **Simon of Cyrene Helps Jesus Carry the Cross.**
6. **Veronica Wipes the Face of Jesus.**
7. **Jesus Falls a Second Time.**
8. **Jesus Meets the Women of Jerusalem.**
9. **Jesus Falls the Third Time.**
10. **Jesus Is Stripped of His Garments.**
11. **Jesus Is Nailed to the Cross.**
12. **Jesus Dies on the Cross.**
13. **Jesus Is Taken Down From the Cross.**
14. **Jesus Is Laid in the Tomb.**

**The closing prayer—sometimes included as a 15th station—reflects on the Resurrection of Jesus Christ.**

### Adoration of the Blessed Sacrament

Eucharistic Adoration is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a monstrance on the altar so that all can see and pray in the presence of Christ.

### Come 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. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, Grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

### Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

### St. Michael the Archangel

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, By the power of God, cast into hell Satan and all the evil spirits Who roam through the world seeking the ruin of souls. Amen.

## 4<sup>th</sup> grade prayer list

### 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,  
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.

### 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 unto me according to your 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 you, O Lord, your grace into our  
hearts: that we, to whom the Incarnation of Christ your 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.

### Magnificat

My soul magnifies the Lord  
And my spirit rejoices in God my Savior;  
Because He has regarded the lowliness of His handmaid;  
For behold, henceforth all generations shall call me blessed;  
Because He who is mighty has done great things for me,  
and holy is His name;  
And His mercy is from generation to generation  
on those who fear Him.  
He has shown might with His arm,  
He has scattered the proud in the conceit of their heart.  
He has put down the mighty from their thrones,  
and has exalted the lowly.  
He has filled the hungry with good things,  
and the rich He has sent away empty.  
He has given help to Israel, his servant, mindful of His mercy  
Even as he spoke to our fathers, to Abraham and to his posterity  
forever.