Quiz Graded
Question Sheet
“Understanding what we pray”

Type your answers in complete sentences. Do not retype questions. Number questions 2-20.

All answers are found in the “Understanding What We Pray” packet distributed by Mrs. Daughtrey. No outside resources are needed or should be used.

1. Write out all four prayers on looseleaf and attach them to the typed answer sheet.

2. What does CCC stand for?

3. Which prayer is called “the perfect prayer”?

4. What early Christian writer said that the Lord’s Prayer is “the summary of the whole Gospel”?

5. Jesus taught us to say “Our Father” rather than my Father. Why is the “Our” important?

6. What does the word “hallowed” mean when we pray “hallowed be thy name”?

7. We pray “Thy will be done”, what does that word “will” mean?

8. It is significant that Jesus told us to pray for “our daily bread”. “Daily bread is both spiritual (the Eucharist), and physical (food). Why do we say our instead of my?

9. What does the word “trespasses” mean?

10. Why does it involve risk to us to pray “forgive us our trespasses as we forgive those who trespass against us”?

11. “Blessing” or “Crossing” ourselves is an action that clearly identifies us as Catholics. In temptations and difficulties, what does the sign of the cross do for us?

12. Whenever we make the sign of the cross we are also expressing an important belief of our Faith. What is that belief?

13. Where do we find the first part of the Hail Mary written down?

14. Who spoke the first words in the Hail Mary?
15. Who spoke the second group of words and what was Mary doing when that person spoke them?

16. What does the old fashioned word “hail” mean?

17. The angel says Mary is full of “grace”. What does that word mean?

18. Who is “the fruit of” Mary’s “womb”?

19. In the Hail Mary, we ask Mary to pray for us, because we are poor sinners. At what times does the prayer ask her to pray for us?

20. In the Glory Be... we praise God, who is Trinity,(Father, Son and Holy Spirit), for his glory, (meaning He is glorious, powerful, almighty). The second part of the prayer (as it was...) praises Him for another one of His attributes or qualities, that He is what?
Understanding What We Pray
The Our Father, Sign of the Cross, Hail Mary, and Glory Be...

Prayer is a lifting of the mind and heart to God. If we recite the words to prayers without thought or understanding, our conversation with God can be as unhelpful to us as texting with someone in Latvia who does not speak English! In addition, we are not truly praising our awesome, loving Lord in the manner he deserves. So let's look at what we say every day in prayer.

The Our Father:
Jesus taught his disciples this prayer when they asked Him, “Lord teach us to pray” (Luke 11:1-4). This is why our Protestant Christian brothers and sisters refer to this as “The Lord’s Prayer”. Different wording for this prayer is found in Matt. 6:9-13.
Although the Mass is the greatest and most perfect form of prayer, the Our Father, because Jesus taught us this prayer Himself, is also a perfect prayer. The Catechism of the Catholic Church (CCC) quotes Tertullian, an ancient Christian writer who says

“The Lord’s Prayer is “truly the summary of the whole gospel.”

St. Augustine is also quoted in the CCC as saying,

“Run through all the words of the holy prayers (in Scripture) and I do not think that you will find anything in them that is not contained and included in the Lord’s Prayer.”

And finally, the CCC quotes St. Thomas Aquinas who wrote,

“The Lord’s Prayer is the most perfect of all prayers...In it we ask, not only for all the things we can rightly desire, but also in the sequence that they should be desired. This prayer not only teaches us to ask for things, but also in what order we should desire them.” CCC 2761,2,3

Translation of the Our Father:
Our Father: Jesus tells us to call our Creator and God “Father”. Notice that Jesus taught us to call God “our” Father. We say this prayer, even when we say it alone, in union with all God’s people.
Who art in heaven: old fashioned wording for Who is in heaven
Hallowed be thy name: This means Holy is God’s Name. Remember that in the 10 commandments God tells us to remember that His name is Holy and never to take the Holy Name in vain. (Use it without reverence and love)
Thy kingdom come: We ask God to let His kingdom of love, peace, justice and goodness come on earth. We also ask that Jesus the Lord, will come again and bring to earth the fullness of God’s Kingdom.
Thy will be done on earth, as it is in heaven: We ask that God’s will, God’s wish, His desire will be done on earth in the same way that all God wills (wants, desires) is done in heaven.

Give us this day our daily bread: We ask God to give us the bread (food) we need to live this day. There is also the meaning of “The Bread of Life” our spiritual food, Jesus in the Eucharist. Notice again the “our” daily bread in the prayer. Jesus did not teach us to pray for my daily bread. This means that when we pray that God will give us the food we need to live, we must help to make sure that all our brothers and sisters have enough to eat also. Our involves sharing our daily bread with our hungry brothers and sisters.

And forgive us our trespasses, as we forgive those who trespass against us: Jesus is not talking about people walking through your yard without permission here! Trespasses mean sins, wrongs, debts (what we owe to others—not just money, but respect, kindness, help). We ask God to forgive us for what we do wrong, but Jesus teaches us here in His Prayer (as well as in other places in the Gospels) that we will not receive God’s mercy if we will not be merciful to others who do wrong to us!

And lead us not into temptation, but deliver us from evil: God does not ever lead us into evil. This is a translation of a Greek word that English would need a whole sentence to accurately explain. It really means that we ask God to help us to avoid evil and to give us strength and His power to resist sin and evil when we do face it.

Amen.

The Sign of the Cross: The CCC tells us that Christians begin the day, activities, and prayers with the Sign of the Cross. In this way a “baptized person dedicates the day to the glory of God and calls on the Savior’s grace which lets him act in the Spirit as a child of the Father. The Sign of the Cross strengthens us in temptations and difficulties. CCC(2157) The Sign of the Cross is also a beautiful and simple way of expressing our faith in the Holy Trinity. St. John Vianney, the Cure of Ars, used to say that a well made sign of the cross made all hell tremble. We should always take care when signing ourselves with the sign of our salvation to do it deliberately and reverently.

The Hail Mary or Angelic Salutation (means angel’s greeting): The first part of this prayer is taken from the Gospels. The Archangel Gabriel appeared to Mary and saluted or greeted her with the first words in the prayer. When Mary then went to visit her relative Elizabeth who was going to give birth to John the Baptist, Elizabeth greeted her with the next part of the prayer. The
petition (or asking) at the end is our addition in which we beg the help of our Heavenly Mother in our lives and at our death.

_Hail Mary, full of grace, the Lord is with thee:_ Greetings or rejoice Mary, you who are full of God’s presence (grace). Mary’s soul is a dwelling place of Almighty God.

_Blessed art thou among women and blessed is the fruit of thy womb, Jesus:_ Elizabeth calls Mary blessed among women because she is carrying the savior Jesus in her womb (blessed is the fruit of your womb, Jesus)

_Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen:_ We ask Mary, who is all holy, the Mother of God and the Mother of mercy, to pray for us now and when we are about to die, because we are her children, and poor sinners.

_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:_ Here we are praising God’s glory, expressing that we know He is great and glorious always. Since God the Father, Son and Holy Spirit are one God in Three Divine Persons, A Trinity of Glory Who has no beginning, and no end we praise God for His eternal nature.
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