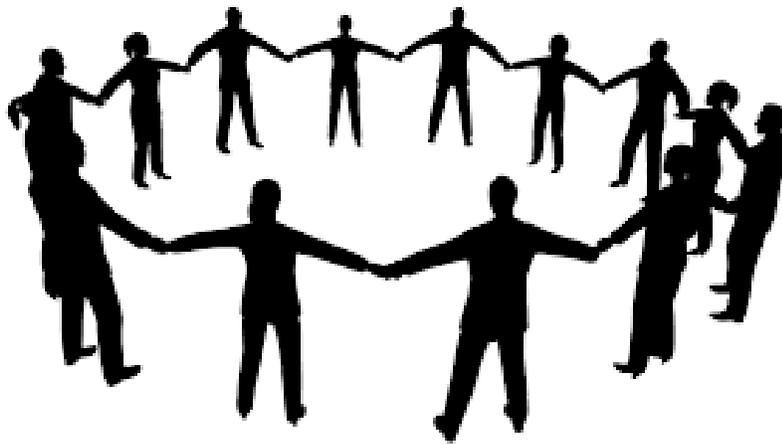


*Our Lady of the Valley & Holy Cross
Parish Communities*



Faith Formation Prayer Handbook

Grades 1-8

GRADE 1

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):

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, 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

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.

GRADE 2

Act of Contrition:

O my God, I am sorry for my sins, in choosing to sin and failing to do good,

I have sinned against You and Your church. I firmly intend, with the help of Your Son, to make up for my sins and to love as I should. Amen.

Mass Responses:

Greeting:

Priest/Deacon: The Lord be with you.

People: And with your Spirit.

GRADE 2 (continued)

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.

Gospel Acclamation:

Deacon (or Priest): A reading from the Holy Gospel according to Saint N.

People: Glory to you, O Lord.

Invitation to Prayer:

May the Lord accept the sacrifice at your hands, for the praise and glory of His name, for our good and the good of all His holy Church.

Preface Dialogue:

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

Holy, Holy, Holy:

Holy, Holy, Holy, Lord God of hosts. Heaven and earth are full of your glory,
Hosanna in the highest. Blessed is He who comes in the name of the Lord.
Hosanna in the highest.

The Mystery of Faith:

Priest: The mystery of faith.

People:

- A. We proclaim your Death, O Lord, and profess your resurrection until you come again.
- B. When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.
- C. Save us, Savior of the World, for by your Cross and Resurrection, you have set us free.

Sign of Peace:

Priest: The peace of the Lord be with you always.

People: And with your spirit.

Lamb of God:

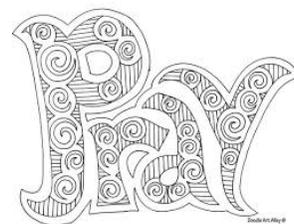
Priest: Behold the Lamb of God, behold Him who takes away the sins of the world.

People: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Concluding Rites:

Priest: The Lord be with you.

People: And with your spirit.



GRADE 3

Apostles' Creed:

I believe in 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, 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 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 life everlasting. **Amen.**

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 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.**

Rosary:

A rosary is made up of a group of beads arranged in a circle. It begins with a cross, followed by one large bead and three small beads. The next large bead (just before the medal) begins the first "decade". Each decade consists of one large bead followed by ten smaller beads. It begins with the Sign of the Cross, the recitation of the Apostles' Creed. Next is one Our Father, three Hail Mary's and one Glory to the Father. To pray each "decade", say an Our Father on the large bead and a Hail Mary on each of the ten smaller beads. Close each "decade" by praying the Glory to the Father. Pray the Hail, Holy Queen as the last prayer of the rosary.

GRADE 4

Mysteries of the Rosary: The mysteries of the rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate Joyful, Sorrowful, Glorious or Luminous Mystery.

Joyful:

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

Sorrowful:

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus



Glorious:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven



Luminous (Light):

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding at Cana
3. Jesus Announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

The 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 the blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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 You thanks, almighty God, for these and all your gifts which we have received through

GRADE 5:

Stations of the Cross:

- ◆ First Station: Jesus is condemned to die
- ◆ Second Station: Jesus takes up His cross
- ◆ Third Station: Jesus falls the first time
- ◆ Fourth Station: Jesus meets His mother
- ◆ Fifth Station: Simon helps Jesus carry His cross
- ◆ Sixth Station: Veronica wipes the face of Jesus
- ◆ Seventh Station: Jesus falls the second time
- ◆ Eighth Station: Jesus meets the women of Jerusalem
- ◆ Ninth Station: Jesus falls the third time
- ◆ Tenth Station: Jesus is stripped of His garments
- ◆ Eleventh Station: Jesus is nailed to the cross
- ◆ Twelfth Station: Jesus dies on the cross
- ◆ Thirteenth Station: Jesus is taken down from the cross
- ◆ Fourteenth Station: Jesus is laid in the tomb



Prayer of Saint Francis:

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 to eternal life. **Amen.**

GRADE 6

The Memorare:

Remember, most loving Virgin Mary, never was it heard that anyone who turned to you for help was left unaided.

Inspired by this confidence, though burdened by my sins, I run to your protection for you are my mother. Mother of the Word of God, do not despise my world of pleading but be merciful and hear my prayer.



GRADE 7

Canticle of Mary (The Magnificat):

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior.
For He has looked upon His handmaid's lowliness;
behold, from now on will all ages call me blessed.
The Mighty One has done great things for me, and holy is His Name.
His mercy is from age to age to those who fear Him.
He has shown might with His arm,
dispersed the arrogant of mind and heart.
He has thrown down the rulers from their thrones,
but lifted up the lowly.
The hungry He has filled with good things,
The rich He has sent away empty.
He has helped Israel His servant,
remembering His mercy,
according to His promise to our fathers,
to Abraham and to his descendants forever.

GRADE 8

The Gifts of the Holy Spirit:

- ◆ Wisdom
- ◆ Reverence for God
- ◆ Understanding
- ◆ Piety
- ◆ Counsel
- ◆ Fortitude
- ◆ Knowledge



The Fruits of the Holy Spirit:

- ◆ Love
- ◆ Joy
- ◆ Peace
- ◆ Patience
- ◆ Kindness
- ◆ Faithfulness
- ◆ Gentleness
- ◆ Self-Control

Hail, Holy Queen (to be said at the end of the Rosary):

Hail, holy Queen, mother of mercy, hail our life, our sweetness and our hope.

To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile.

Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O Clement, O loving, O sweet Virgin Mary.



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