



# Prayers to learn at home

DIOCESE OF WICHITA CURRICULUM GUIDE

## KINDERGARTEN

- Sign of the Cross
- Glory Be
- Our Father
- Hail Mary
- Angel of God
- Grace Before Meals
- Grace After Meals

## FIRST GRADE

- Act of Contrition
- Morning Offering

## SECOND GRADE

- Apostle's Creed
- Hail Holy Queen
- Rosary

## THIRD GRADE

- Fatima Prayer
- Stations of the Cross
- Memorare

## FOURTH GRADE

- Act of Faith
- Act of Love
- Act of Hope
- Queen of Heaven (Regina Coeli)
- Glorious Mysteries
- Joyful Mysteries
- Sorrowful Mysteries
- Luminous Mysteries

## FIFTH GRADE

- Come, Holy Spirit
- Angelus

## SIXTH GRADE

- Nicene Creed
- St. Michael the Archangel
- Magnificat



# Prayers

## **Sign of the Cross**

In the name of the father, and of the son, and of the Holy Spirit. 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

## **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 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.

## **Angel of God**

Angel of God, my guardian dear, to whom God's love entrusts me here;  
ever this day be at my side, to light and guard, to rule and guide. 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, Almighty God, for all thy benefits, which we have received  
from Thy bounty. Through Christ our Lord. Amen.

## **Act of Contrition**

My God, I am sorry for my sins with all my heart.  
In choosing to do wrong, and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance, to sin no more,  
and to avoid whatever leads me to sin. Our Savior Jesus Christ  
suffered and died for us. In his name, my God, have mercy. Amen.



# Prayers cont.

## **Morning Offering**

O Jesus, through the Immaculate Heart of Mary,  
I offer You my prayers, works, joys, and sufferings of this day,  
In union with the Holy Sacrifice of the Mass throughout the world.  
I offer them for all the intentions of Your Sacred Heart:  
the salvation of souls, the reparation for sin, the reunion of all Christians.  
I offer them for the intentions of our Bishops, and all Apostles of Prayer,  
and in particular for those recommended by our Holy Father this month. Amen.

## **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 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 life everlasting. Amen.

## **Hail Holy Queen**

Hail, Holy Queen, Mother of Mercy, hail our life, our sweetness, and our hope.  
To thee do we cry, poor banished children of Eve. To thee do we send up our sighs,  
mourning and weeping in this valley of tears. Turn then, O most gracious advocate,  
thine eyes of mercy toward us; and after this our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet virgin Mary.

## **Rosary**

1. Apostles' Creed
2. Our Father for the intentions of the Pope
3. Hail Mary three times for an increase in Faith, Hope, and Charity
4. Glory Be
5. At each decade: announce mystery, Our Father, Hail Mary 10 times, Glory Be, & Fatima Prayer
6. After the Rosary: Hail Holy Queen and Prayer after Rosary



# Prayers cont.

## **Fatima Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell.

Lead all souls to heaven, especially those who have most need of Thy mercy. Amen.

## **Prayer after Rosary**

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

## **Stations of the Cross**

1st Station: Jesus is condemned to death

2nd Station: Jesus carries his cross

3rd Station: Jesus falls the first time

4th Station: Jesus meets his mother

5th Station: Simon of Cyrene helps Jesus carry his cross

6th Station: Veronica wipes the face of Jesus

7th Station: Jesus falls the second time

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time

10th Station: Jesus is stripped of his garments

11th Station: Jesus is nailed to the cross

12th Station: Jesus dies on the cross

13th Station: The body of Jesus is taken down from the cross

14th Station: Jesus is laid in the tomb

## **Memorare**

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



# Prayers cont.

## **Act of Faith**

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit;

I believe that your divine son became man, died for our sins, and that He will come again to judge the living and the dead.

I believe these and all the truths which the holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived.

## **Act of Hope**

O my God, relying on Your infinite mercy and promises,

I hope to obtain pardon for my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

## **Act of Love**

O my God, I love You above all things with my whole heart and soul, because you are all good and worthy of all my love.

I love my neighbor as myself for love of You.

I forgive all who have injured me, and ask pardon of all whom I have injured

## **Queen of Heaven "Regina Caeli"**

V. Queen of heaven, rejoice! Alleluia.

R. For He whom you did merit to bear. Alleluia.

V. Has risen, as he said. Alleluia.

R. Pray for us to God. Alleluia.

V. Rejoice and be glad, O Virgin Mary. Alleluia.

R. For the Lord is truly risen. Alleluia.

V. Let us pray:

All: O God, who gave joy to the world through the resurrection of Your Son our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life, through the same Christ our Lord. Amen

## **Glorious Mysteries of the Rosary (Sundays and Wednesdays)**

1. Resurrection of Jesus
2. Ascension of Jesus into Heaven
3. Descent of the Holy Spirit upon the Apostles and Mary
4. Assumption of Mary into Heaven
5. Crowning of Mary as Queen of Heaven and Earth



# Prayers cont.

## **Joyful Mysteries of the Rosary (Mondays and Saturdays)**

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

## **Sorrowful Mysteries of the Rosary (Tuesdays and Fridays)**

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

## **Luminous Mysteries of the Rosary (Thursdays)**

1. Baptism of Our Lord
2. Wedding at Cana
3. Proclamation of the Kingdom and forgiveness of sins
4. Transfiguration
5. Institution of the Eucharist

## **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. Amen.

## **Angelus**

V. The angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit. Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word. Hail Mary...

V. (genuflect) 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.

All: 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 angel, may by His passion and cross be brought to the glory of His resurrection, through the same Christ our Lord. Amen.



# Prayers cont.

## **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.

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

St. Michael the Archangel, defend us in battle.

Be our safeguard against the wickedness and snares of the devil.

May God rebuke him, we humbly pray; and do Thou, O prince of Heavenly Host, by the power of God, Cast into hell Satan and other evil spirits who prowl through the world seeking the ruin of souls. Amen.

## **Magnificat Luke 1:46-55**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior  
for He has looked with favor on His lowly servant.

From this day all generations will call me blessed:

The Almighty has done great things for me, and holy is His Name.

He has mercy on those who fear Him in every generation.

He has shown the strength of His arm, He has scattered the proud in their conceit.

He has cast down the mighty from their thrones, and has lifted up the lowly.

He has filled the hungry with good things, and the rich He has sent away empty.

He has come to the help of His servant Israel for He has remembered His promise of mercy,  
the promise He made to our fathers, to Abraham and his children forever