

Catholic Prayers and Teachings to be Known for Each Grade Level

St. Lawrence Parish, 2021

Grade One:

1. Sign of the Cross
2. Our Father
3. Hail Mary
4. Glory Be
5. Guardian Angel
6. Morning Offering

Grade Two:

- All of the above plus
7. Grace before meals
 8. Grace after meals
 9. Act of Contrition
 10. Genuflection
 11. Responses at Holy Mass
 12. Actions during Mass
 13. Spiritual Communion
 14. Angelus
 15. 10 Commandments
 16. 7 Sacraments
 17. Divine Praises

Grade Three:

- All of the above plus:
18. Apostles' Creed
 19. Act of Faith
 20. Act of Hope
 21. Act of Love
 22. St. Michael
 23. Fatima Prayer

Grade Four:

- All of the above plus:
24. How to Pray the Rosary
 25. Mysteries of the Rosary
 26. Hail, Holy Queen
 27. Memorare
 28. We Fly to thy patronage
(Sub Tuum Praesidium)

Grade Five:

- All of the above plus:
29. 29. Stations of the Cross
 30. 30. Anima Christi

Grade Six:

- All of the above plus:
31. 31. Corporal Works of Mercy
 32. 32. Spiritual Works of Mercy

Grade Seven:

- All of the above plus:
33. 33. Prayer to the Holy Spirit
 34. 34. Precepts of the Church
 35. 35. Prayer for Poor Souls
 36. 36. Theological Virtues
 37. 37. Cardinal Virtues
 38. 38. 7 Capital Sins

Grade Eight:

- All of the above plus:
39. 39. Beatitudes
 40. 40. Holy Days of Obligation
 41. 41. Nicene Creed
 42. 42. Four Marks of the Church
 43. 43. Gifts of the Holy Spirit
 44. 44. Fruits of the Holy Spirit
 45. 45. 9 Ways to Participate in another's sin
 46. 46. Four Last Things
 47. 47. Scripture reference each Sacrament
 48. 48. Matthew 16: 18 - 19
 49. 49. Luke 10: 16
 50. 50. 1 Peter 3: 15

High School

- All of the above plus:
51. 51. 2nd Thessalonians 2: 15
 52. 52. Name the 73 Books of the Bible

Sign of the Cross

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

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.

Guardian Angel

Angel of God, My Guardian Dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys, and sufferings of this day, for the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the mass throughout the world, in reparation for my sins, for the intentions of all my associates, and for the general intentions recommended this month by the Holy Father. 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, O Almighty God, for all Thy benefits, Who livest and reignest forever. Amen. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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 is 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.

Spiritual Communion

O Jesus, I turn toward the holy tabernacle where You live hidden for love of me. I love You, my God. I cannot now receive You in Holy Communion. Come, nevertheless, to visit me with Your grace. Come spiritually into my heart. Purify it, sanctify it, render it like unto Your own. Amen.

Angelus (*To be said at 6am, noon and 6pm daily, except during the Easter season; it is replaced by Regina Coeli*)

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. Let it be done unto me according to thy 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 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.

10 Commandments

1. Thou shalt not have other gods besides Me
2. Thou shalt not take the Name of the Lord in vain
3. Remember to keep holy the Lord's day
4. Honor thy father and thy mother
5. Thou shalt not kill
6. Thou shalt not commit adultery
7. Thou shalt not steal
8. Thou shalt not bear false witness against thy neighbor
9. Thou shalt not covet thy neighbor's wife
10. Thou shalt not covet thy neighbor's goods

Sacraments

1. Baptism
2. Confirmation
3. Eucharist
4. Confession
5. Anointing of the Sick
6. Holy Orders
7. Marriage

Divine Praises

Blessed be God. Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the Name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints.

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. The third day He arose again from the dead; He ascended into Heaven, sits at the right hand of God, the Father Almighty; from thence He shall 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 the life everlasting. Amen.

Act of Faith

O my God, I firmly believe all the truths that the Holy Catholic Church believes and teaches; I believe these truths, O Lord, because Thou, the infallible Truth, hast revealed them to her; in this faith I am resolved to live and die. Amen.

Act of Hope

O my God, relying on Thy promises, I hope that, through the infinite merits of Jesus Christ, Thou wilt grant me pardon of my sins, and the graces necessary to serve Thee in this life and to obtain eternal happiness in the next. Amen

Act of Love (Charity)

O my God, I love Thee with my whole heart and above all things, because Thou art infinitely good and perfect; and I love my neighbor as myself for love of Thee. Grant that I may love Thee more and more in this life and in the next for all eternity. Amen

St. Michael

St. 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 you, O prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those in most need of Thy mercy.

Mysteries of the Rosary

Joyful:

Annunciation
Visitation
Nativity
Presentation
Finding Jesus in the Temple

Sorrowful:

Agony in the Garden
The Scourging
Crowning with thorns
Carrying of the Cross
Crucifixion

Luminous:

The Baptism in the Jordan
The Marriage Feast at Cana
The Proclamation of the Kingdom
The Transfiguration
The Institution of the Eucharist

Glorious:

Resurrection
Ascension
Pentecost
Assumption
Crowning of Mary

Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, 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, 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! Amen.

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 your mercy, hear and answer me. Amen

We Fly to thy patronage (*Sub Tuum Praesidium*)

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

Sub tuum praesidium confugimus, Sancta Dei Genetrix. Nostras deprecationes ne despicias in necessitatibus, sed a periculis cunctis libera nos semper, Virgo gloriosa et benedicta. Amen.

Stations of the Cross

1. Jesus is Condemned to Die
1. Jesus is Made to Bear His Cross
2. Jesus Falls the First Time
3. Jesus Meets His Mother
4. Simon Helps Jesus Carry His Cross
5. Veronica Wipes Jesus' Face
6. Jesus Falls the Second Time
7. Jesus Meets the Women of Jerusalem
8. Jesus Falls the Third Time
9. Jesus is Stripped
10. Jesus is Nailed to the Cross
11. Jesus Dies on the Cross
12. Jesus is Taken Down from the Cross
13. Jesus is Laid in the Tomb

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds, hide me. Suffer me not to be separated from Thee. From the malignant enemy, defend me. In the hour of my death, call me and bid me come to Thee, that with Thy saints I may praise Thee forever. Amen.

Corporal Works of Mercy

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To shelter the homeless
5. To visit the sick
6. To visit the imprisoned
7. To bury the dead

Spiritual Works of Mercy

1. To counsel the doubtful
2. To instruct the ignorant
3. To admonish the sinner
4. To comfort the sorrowful
5. To forgive all injuries
6. To bear wrongs patiently
7. To pray for the living and the dead

Prayer to the 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 [Spirit](#) we may be truly wise and ever rejoice in His consolations, Through [Christ](#) Our Lord, Amen.

Precepts of the Church (Catechism 2041-2043)

1. "You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor"
2. "You shall confess your sins at least once a year."
3. "You shall receive the sacrament of the Eucharist 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"

Prayer for Poor Souls

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed through the mercy of God rest in peace. Amen.

Theological Virtues

1. Faith
2. Hope
3. Love

Cardinal Virtues

1. Justice
2. Prudence
3. Fortitude
4. Temperance

The 7 Capital Sins

1. Pride
2. Greed
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

Beatitudes

1. Blessed are the poor in spirit: for theirs is the Kingdom of Heaven.
2. Blessed are the meek: for they shall possess the land.
3. Blessed are they who mourn: for they shall be comforted
4. Blessed are they that hunger and thirst after justice: for they shall have their fill
5. Blessed are the merciful: for they shall obtain mercy
6. Blessed are the clean of heart: for they shall see God
7. Blessed are the peacemakers: for they shall be called children of God
8. Blessed are they that suffer persecution for justice' sake, for theirs is the Kingdom of Heaven

Holy Days of Obligation

1. January 1, the solemnity of Mary, Mother of God
2. Thursday of the Sixth Week of Easter, the solemnity of the Ascension
3. August 15, the solemnity of the Assumption of the Blessed Virgin Mary
4. November 1, the solemnity of All Saints December 8, the solemnity of the Immaculate Conception
5. December 25, the solemnity of the Nativity of Our Lord Jesus Christ

Whenever January 1, the solemnity of Mary, Mother of God, or August 15, the solemnity of the Assumption, or November 1, the solemnity of All Saints, falls on a Saturday or on a Monday, the precept to attend Mass is abrogated.

Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Four Marks of the Church

1. One
2. Holy
3. Catholic
4. Apostolic

Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Knowledge
5. Piety
6. Fortitude
7. Fear of the Lord

Fruits of the Holy Spirit

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Self-control
11. Modesty
12. Chastity

Four Last Things

1. Death
2. Judgment
3. Heaven
4. Hell

Scripture reference for each Sacrament

Baptism- John 3:5

“Jesus answered, ‘Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and Spirit’”

Confirmation- Acts 2:1-4

“When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.”

Eucharist- Luke 22:19-20

“Then He took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is My Body, which will be given for you; do this in memory of Me.’ And likewise the cup after they had eaten, saying, ‘This cup is the new covenant in My Blood, which will be shed for you.’”

Confession- John 20:21-23

“Jesus said to them again, ‘Peace be with you. As the Father has sent Me, so I send you.’ And when He had said this, He breathed on them and said to them, ‘Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.’”

Anointing of the Sick- James 5:14

“Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint (him) with oil in the name of the Lord.”

Holy Orders- Luke 22:19

“Then he took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is My Body, which will be given for you; do this in memory of Me’”

Marriage- Mt 19:4-7

“He said in reply, ‘Have you not read that from the beginning the Creator ‘made them male and female’ and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh?’ So they are no longer two, but one flesh. Therefore, what God has joined together, no human being must separate.’”

Matthew 16: 18 - 19

"And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven."

Luke 10: 16

"Whoever listens to you listens to Me. Whoever rejects you rejects Me. And whoever rejects Me rejects the One who sent Me."

1 Peter 3: 15

"Always be ready to give an explanation to anyone who asks you for a reason for your hope"

2Thessalonians 2: 15

"Therefore, brothers, stand firm and hold fast to the traditions that you were taught, either by an oral statement or by a letter of ours."

Name 73 Books of the Bible**Old Testament**

1. Genesis
2. Exodus
3. Leviticus
4. Numbers
5. Deuteronomy
6. Joshua
7. Judges
8. Ruth
9. 1 Samuel
10. 2 Samuel
11. 1 Kings
12. 2 Kings
13. 1 Chronicles
14. 2 Chronicles
15. Ezra
16. Nehemiah
17. Tobit
18. Judith
19. Esther
20. 1 Maccabees
21. 2 Maccabees
22. Job
23. Psalms
24. Proverbs
25. Ecclesiastes
26. Song of Songs
27. Wisdom
28. Sirach
29. Isaiah
30. Jeremiah
31. Lamentations
32. Baruch
33. Ezekiel
34. Daniel
35. Hosea
36. Joel
37. Amos
38. Obadiah
39. Jonah
40. Micah
41. Nahum
42. Habakkuk
43. Zephaniah
44. Haggai
45. Zechariah
46. Malachi

New Testament

47. Matthew
48. Mark
49. Luke
50. John
51. Acts
52. Romans
53. 1 Corinthians
54. 2 Corinthians
55. Galatians
56. Ephesians
57. Philippians
58. Colossians
59. 1 Thessalonians
60. 2 Thessalonians
61. 1 Timothy
62. 2 Timothy
63. Titus
64. Philemon
65. Hebrews
66. James
67. 1 Peter
68. 2 Peter
69. 1 John
70. 2 John
71. 3 John
72. Jude
73. Revelation