

My Catholic Prayers



St. Therese

Religious Education Program

Succasunna, NJ



My Catholic Prayer Book

Revised 5/2011

Index

Suggestions for Prayer Activities

Five forms of Prayer

Roman Missal 3rd Revisions

Act of Sorrow

Examination of Conscience

Grace before Meals

Hail Holy Queen

Let Us Pray

O My Jesus

Sacrament of Reconciliation

The Act of Contrition

The Apostles Creed

The Glory Be

The Hail Mary

The Nicene Creed

The Our Father

The Rosary

The Sign of the Cross

Catechists and Parents,

My intention for creating this booklet is to help teach the basics of the Catholic faith to your children through prayer. Prayer is the way we spend time with God. We teach that prayer is person's private conversation with Jesus. All conversations include both talking and listening. We talk to God and we listen to God through our prayers.

To help the children understand our Catholic Prayers better, I have included many of the prayers we will be teaching the children in the program during the year. We have also included

- Background information on many of the prayers listed
- The changes to the Roman Missal; these changes will go into effect the 1st Sunday of Advent 2011
- The definition of the five forms of prayer, an examination of conscience for children and the Rite of Reconciliation

Children learn by example, when they come home from Religious Education class ask them what prayers they said to start and end the class with. Recite those same prayers with them at bed-time and meal time. In doing so, it will help reinforce what the catechists are teaching each week.

God Bless,

Cathy McGuire, DRE



The Five Forms of Prayer

The **Catechism of the Catholic Church states**: *Prayer and Christian life are inseparable (CCC 2745). And, Prayer is a vital necessity (CCC 2744). Below are the definitions of the different forms of prayer.*

- 1) **Thanksgiving** - Giving God the thanks He deserves. We were created and redeemed by Him yet He continues to bless us and love us. God is deserving of all respect, remember to thank Your One God for His unexplainable love and blessings. The greatest expression of thanksgiving should be after one receives the Eucharist.
- 2) **Petition** - This is probably the most common type of prayer. We bring our requests before God for ourselves, our family, or our friends. At Mass petitions are read, but petitions can be said anytime or anywhere. Prayer doesn't have to be limited to one place. Some people do not believe in attending the Holy Mass. They say "God is everywhere". Yes, but He is everywhere in different ways. God is truly present in the Eucharist - the most real presence of Our Lord on this earth. While we can pray anywhere the greatest prayers are those before the Eucharist.
- 3) **Persevering Prayer** - These are the prayers for the deepest intentions of our heart. If we pray night and day for this intention then this is persevering prayer.
- 4) **Intercession** - These prayers are very similar to those of petition, but there is a distinct difference. In prayers of intercession we are asking praying for others. These are the one type of prayer that includes the saints. We can ask these servants of God already in Heaven to pray for us just as we ask our friends on earth to pray for us.
- 5) **Meditative prayer** - This is the most simple of prayers. In these we don't say anything. We simply meditate on God's love and mercy. These prayers are very common in those quiet moments of Eucharistic Adoration. Just being one with Our Lord is the greatest gift.

This section is offered to help catechists encouraging children to pray in the group can be challenging, depending on the age of the children or young people. Below are a few suggestions to ease the process.

Suggestions for Prayer Activities:

Praying Round the World:

Gather the class or your children around a large atlas, or world map, with an arrow pointer made out of card stock. Encourage each student before the session to find information about a country in the news that needs our prayers. Ask them to write a brief prayer for the people of that country. Give each student a turn have them briefly explain the need, and then pray the prayer they wrote for God's intercession.

1 minute prayers:

Gather your class or your children in a circle, and each child has 1 minute each to pray (silently) for the person on their right, and the person on their left. Finally, they have 1 minute to pray for someone who is not in the room. This encourages them to pray for one-another.

Prayer Box:

Encourage the children in your class to write down a short prayer on a slip of paper and then place the prayer in the box. The group can then be split up into threes and fours to each child will pick out a prayer. The mini groups then pray the prayers written.

Praise Prayer:

Read a praise psalm together (e.g. Psalm 150). Then encourage the children to go on and praise God in their own words. One way of doing this is for each of them to think of one thing to praise God for and then after a count of 3 to shout it out together. This can be repeated with something to thank God for, and then again with someone that they want to pray for.

Sign of the Cross

All Sacramental and Liturgical Prayers begin with the Sign of the Cross, by blessing ourselves it conveys the powerful truth that something more than what we can see is happening. God is present, and the actions of the sacrament will be performed in his name, *God is Father, our loving parent, provider, and guide. God is Son, our brother, in solidarity with us. God is Holy Spirit, the very breath we breathe, the Life Force that sustains us physically and spiritually.* Realization of each of these three persons in one God is vital in our celebrations of the sacraments and at Liturgy.

How to make the Sign of the Cross - As you say this, with your **right hand touch your forehead** when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.

Prayer:

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

Act of Sorrow

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. Amen.

Grace before Meals

Every good thing we have comes from God, and that is why we offer Grace before Meals, to acknowledge our dependence on Him and to ask Him to bless us and our food.

Prayer:

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

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 vale 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. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

O My Jesus

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. Amen.

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 meditating upon these mysteries of the Holy Rosary of Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord, Amen

The Act of Contrition

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and the pains of hell. 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.

The Apostles' Creed

The Apostles' Creed is a brief statement of the fundamental Christian beliefs. It is a profession of faith, like the Nicene Creed used at Mass. Tradition tells us that the Apostles' Creed was handed down from the Apostles themselves. It is likely that it was first written down, however, sometime after the apostolic age. This is one of the prayers

Prayer:

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.

The Glory Be

The Glory Be, also known as the Doxology, is one of the earliest-known prayers to refer to the Holy Trinity.

Prayer:

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.

The Hail Mary

The first half of the Hail Mary is straight out of the Bible. The part before the semicolon is the angel Gabriel's greeting to the Virgin Mary at the Annunciation, when he told her that she had been chosen by God to bear His Son, Jesus Christ (Luke 1:28). And the words after the semicolon were uttered by St. Elizabeth, the cousin of the Blessed Virgin, when Mary came to visit her and St. Elizabeth felt St. John the Baptist leap in her womb (Luke 1:42).

Prayer:

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.

The 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.

Our Father

The Our Father is the oldest of Christian prayers, going back to Jesus Christ himself, who, in Matthew 6:9-13, taught his disciples to pray in these words. Because the prayer came from Christ, it is used in every Mass, and we should pray it daily.

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.



The Rosary

This popular devotion of Roman Catholic tradition has its origins in medieval times (around the 12th and 13th centuries). Many people of this age could not afford to purchase the Psalter (a book containing the 150 psalms) which were used by the religious orders and clergy. In order to supply the great number of faithful with some prayer form which would be easily accessible, itinerant preachers developed and encouraged the use of a string with beads upon it. Each bead would represent a prayer to be said--either the Lord's Prayer, the Hail Mary, and the Doxology. In time, other prayers would be added to make up what we now call the Rosary.

Originally, the rosary was called "The Psalter of Jesus and Mary" because it consists of the prayer Jesus gave us (The Our Father) and the prayer the Angel Gabriel gave us (The Hail Mary). The word Psalter, as mentioned above, refers to the Book of Psalms in the Bible, which has 150 psalms. When prayed completely, the original rosary (Joyful, Sorrowful, and Glorious Mysteries) has 150 "Hail Mary" prayers. The word "Rosary" comes from the Latin word rosarium, which means a garland or bouquet of roses. Each of the prayers of the rosary is an offering of a rose to Jesus through Mary.

The use of beads or knots when praying dates back to the early days of Christianity; string or heavy cord was tied with knots and used to help focus and keep track of the prayers. The word "bead" comes from biddan - an Old English word which means "to pray".

This prayer combines two very strong currents within the spirituality of the Church. First, the Rosary desires one to meditate on the significant events of Christ's life. Second, this prayer also hopes to emphasize the unique role of Mary, Mother of God in the plan of salvation. These two currents of Roman Catholic theology are meditated on by the recitation of the following prayers within the Rosary itself: the Creed, the Lord's Prayer, the Hail Mary, the Doxology, the recitation of the Joyful, Sorrowful, Glorious, and Luminous Mysteries.

In 1520, Pope Leo X officially approved the universal use of the rosary. In 1571, St. Pius V, declared the first Feast of the Holy Rosary which was made universal by Pope Clement XI. In 1917 the Blessed Mother selected for herself the name "Our Lady of the Rosary" at Fatima when she appeared to three children in Fatima saying, "I want you to continue to say your rosary every day in honor of Our Lady of the Rosary to obtain the end of the war and peace in the world". In 2002 Pope John Paul II introduced new mysteries (Mysteries of the Light or Luminous Mysteries) to the Rosary and wrote his apostolic letter "On the Most Holy Rosary" (Rosarium Virginis Mariae).

The Mysteries of the Rosary are designed to help focus our prayers on the life, ministry, and Passion of Our Lord. It is recommended that you meditate on the mysteries of the rosary based upon the days of the week.

The Prayers of the Rosary:

The Sign of the Cross
The Apostles Creed
The Our Father
The Hail Mary

The Glory Be
Hail Holy Queen
Let Us Pray

1. Holding the cross in your hand make the Sign of the Cross and recite the Apostles Creed
2. At the first bead recite one Our Father
3. Touching the next three beads recite The Hail Mary (3x)
4. Holding the next bead (right above the medallion) recite the Glory Be and the Fatima Prayer & announce the Mystery

5. Moving through the next ten beads recite the Hail Mary; after the tenth Hail Mary repeat step 4 until you go through all five mysteries of the day.
6. After the last decade is complete recite the Glory Be, Fatima Prayer Hail, Holy Queen O God and the Prayer to St. Michael

The Mysteries of the Rosary

The Joyful Mysteries of the Rosary (Monday and Saturday)

1. The Annunciation of Gabriel to Mary (Luke 1:26-38)
2. The Visitation of Mary to Elizabeth (Luke 1:39-56)
3. The Birth of Our Lord (Luke 2:1-21)
4. The Presentation of Our Lord (Luke 2:22-38)
5. The Finding of Our Lord in the Temple (Luke 2:41-52)

The Sorrowful Mysteries of the Rosary (Tuesday and Friday)

1. The Agony of Our Lord in the Garden (Matthew 26:36-56)
2. Our Lord is Scourged at the Pillar (Matthew 27:26)
3. Our Lord is Crowned with Thorns (Matthew 27:27-31)
4. Our Lord Carries the Cross to Calvary (Matthew 27:32)
5. The Crucifixion of Our Lord (Matthew 27:33-56)

The Glorious Mysteries of the Rosary (Wednesday and Sunday)

1. The Glorious Resurrection of Our Lord (John 20:1-29)
2. The Ascension of Our Lord (Luke 24:36-53)
3. The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven and Earth

The Luminous Mysteries of the Rosary (Thursday)

1. The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
2. The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
3. The Proclamation of the Kingdom of God (Mark 1:14-15)
4. The Transfiguration of Our Lord (Matthew 17:1-8)
5. The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)



Reconciliation Rite

Examination of Conscience – using the Ten Commandments

1. I am the Lord your God. You shall not have strange gods before me.

Do I give time every day to God in prayer?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Have I rejected any Church teaching or denied that I was a Catholic?

2. You shall not take the name of the Lord your God in vain.

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used foul or ugly language? Have I wished evil on another?

3. Remember to keep holy the Lord's Day.

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early?

Do I try to be reverent and pay attention during Mass?
Do I avoid unnecessary work on Sunday?
Do I make Sunday a day of prayer or rest?

4. Honor your father and your mother.

Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or must I be nagged a hundred times?
Do I try to get along with my brothers and sisters?
Am I a tattletale or bully?
Do I give a good example, especially to younger siblings?
Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

5. You shall not kill.

Do I beat up others or hurt their bodies?
Do I say cruel things, or make fun of others to hurt their feelings?
Do I say mean things about others behind their backs?
Have I stopped speaking to anyone?
Do I encourage others to do bad things?
Do I try to love all people, born and unborn?

6. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?
Do I look at television shows, movies, or pictures that are bad?
Am I modest in my speech and the clothes I wear?

7. You shall not steal.

Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I borrow? In good condition?

8. You shall not commit false witness against your neighbor.

Am I honest in my school work?
Do I tell lies to make myself look good?
Do I tell lies to protect myself from punishment?
Do I tell lies that make another person look bad or get them in trouble?

9. You shall not covet your neighbor's wife.

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?

Do I get mad when I have to share my friends?

Are there kids I will not play with or be mean to because they look different?

10. You shall not covet your neighbor's goods.

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?



SACRAMENT OF RECONCILIATION – Below is a basic outline of what is said when you go to confession.

1. The priest welcomes you. Together you make the Sign of the Cross.
2. The priest says:
May God help you to know your sins and trust in his mercy.
Response: *AMEN*
3. Now you confess your sins to the priest.

Penitent: *FATHER, THESE ARE MY SINS...*
4. When you finish, **You say:** *I'M SORRY FOR ALL MY SINS*
5. The priest gives you a penance. You say this prayer after you leave the room.
Remember what he asks you to do.
6. Priest: God's covenant, the promise of love, is with us. Having reflected on our lives, we must now come to God and ask forgiveness. You recite the Act of Contrition (Act of Sorrow)
7. The priest gives you God's forgiveness. This is called Absolution.

The priest says:

God the Father of mercies through the Death and Resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins.

Through the ministry of the Church may God give you pardon and peace. And I absolve you from your sins in the name of the Father (+) and of the Son, and of the Holy Spirit.

Together you make the Sign of the Cross and say: AMEN

8. Together with the priest you give praise and thanks to God. The priest says or may use similar words:
Give thanks to the Lord for he is good.

You reply: THANKS BE TO GOD.

9. The priest says: The Lord has freed you from your sins. Go in peace.

Response: AMEN

10. You leave the Reconciliation Room. You go to your seat and pray the penance (the prayer) the priest asked you to pray.

