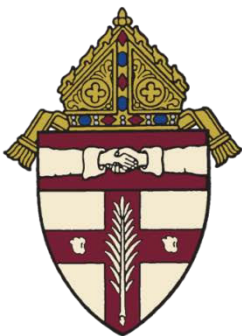


Prayer Book

Pre-K- 8th Grade

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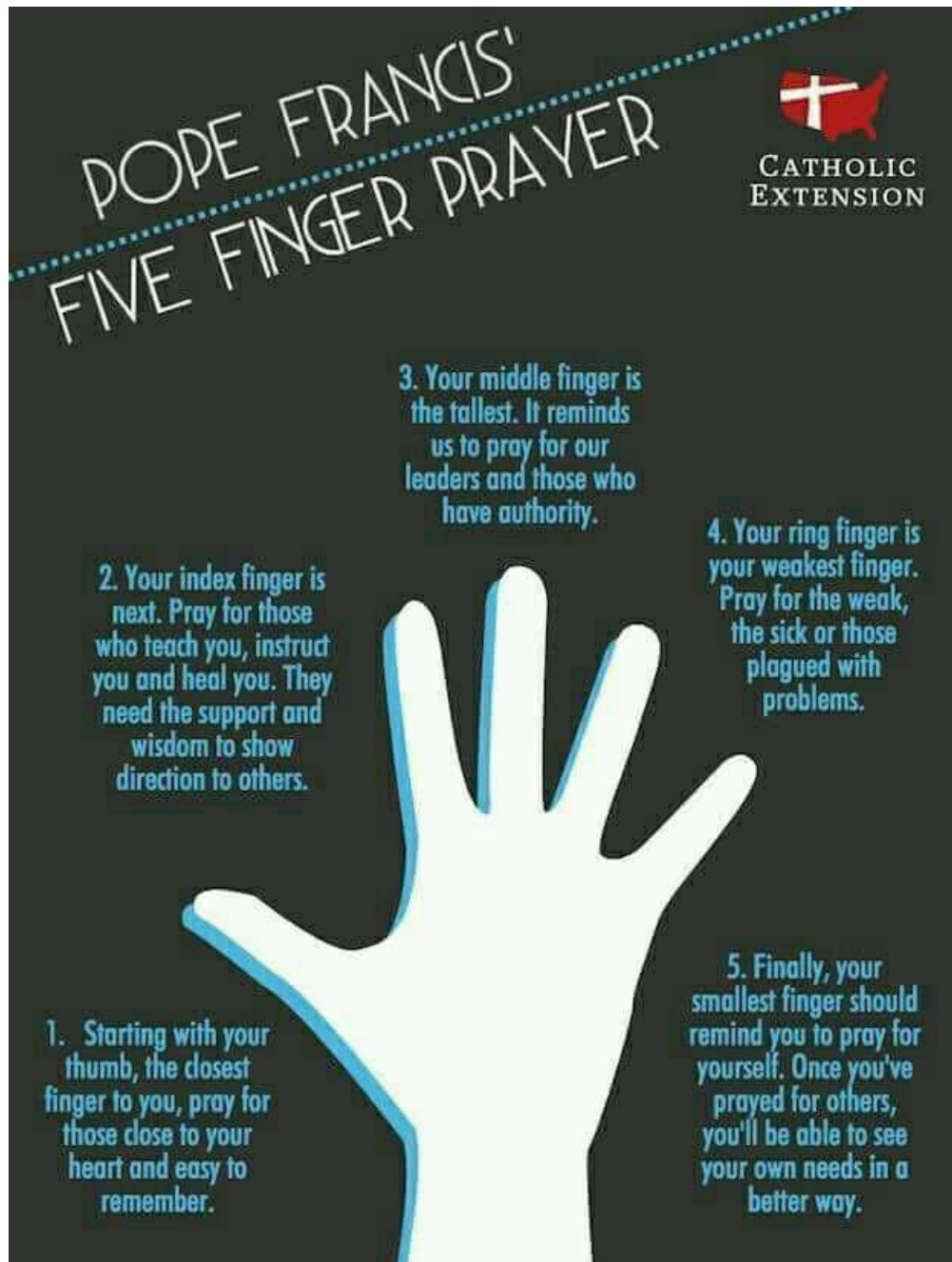


Catholic Schools Office
DIOCESE OF OWENSBORO

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Pope Francis' Five Finger Prayer



The infographic features a central white hand with fingers spread against a dark background. Five numbered text boxes are arranged around the hand, each corresponding to a finger. The text is in a light blue, sans-serif font. In the top right corner, there is a red shield with a white cross and the text 'CATHOLIC EXTENSION' below it. The title 'POPE FRANCIS' FIVE FINGER PRAYER' is written in white, slanted, sans-serif font across the top left.

POPE FRANCIS' FIVE FINGER PRAYER

CATHOLIC EXTENSION

1. Starting with your thumb, the closest finger to you, pray for those close to your heart and easy to remember.
2. Your index finger is next. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others.
3. Your middle finger is the tallest. It reminds us to pray for our leaders and those who have authority.
4. Your ring finger is your weakest finger. Pray for the weak, the sick or those plagued with problems.
5. Finally, your smallest finger should remind you to pray for yourself. Once you've prayed for others, you'll be able to see your own needs in a better way.

K-8 List of Prayers to Know

	Pre-K	K	1	2	3	4	5	6	7	8
Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:	Sign of the Cross:
Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):	Grace (before/after meals):
Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:	Guardian Angel:
	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer	Lord's Prayer
	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary	Hail Mary
	Glory Be	Glory Be	Glory Be	Glory Be	Glory Be	Glory Be	Glory Be	Glory Be	Glory Be	Glory Be
	Morning offering	Morning offering	Morning offering	Morning offering	Morning offering	Morning offering	Morning offering	Morning offering	Morning offering	Morning offering
			Act of Contrition	Act of Contrition	Act of Contrition	Act of Contrition	Act of Contrition	Act of Contrition	Act of Contrition	Act of Contrition
			Apostles' Creed	Apostles' Creed	Apostles' Creed	Apostles' Creed	Apostles' Creed	Apostles' Creed	Apostles' Creed	Apostles' Creed
			Examination of Conscience	Examination of Conscience	Examination of Conscience	Examination of Conscience	Examination of Conscience	Examination of Conscience	Examination of Conscience	Examination of Conscience
			Stations of the Cross	Stations of the Cross	Stations of the Cross	Stations of the Cross	Stations of the Cross	Stations of the Cross	Stations of the Cross	Stations of the Cross
			The Rosary	The Rosary	The Rosary	The Rosary	The Rosary	The Rosary	The Rosary	The Rosary
			Hail Holy Queen	Hail Holy Queen	Hail Holy Queen	Hail Holy Queen	Hail Holy Queen	Hail Holy Queen	Hail Holy Queen	Hail Holy Queen
				Angelus	Angelus	Angelus	Angelus	Angelus	Angelus	Angelus
				Memorare	Memorare	Memorare	Memorare	Memorare	Memorare	Memorare
				Vocations prayer	Vocations prayer	Vocations prayer	Vocations prayer	Vocations prayer	Vocations prayer	Vocations prayer
					Magnificat	Magnificat	Magnificat	Magnificat	Magnificat	Magnificat
					Nicens Creed	Nicens Creed	Nicens Creed	Nicens Creed	Nicens Creed	Nicens Creed
					Serenity Prayer	Serenity Prayer	Serenity Prayer	Serenity Prayer	Serenity Prayer	Serenity Prayer
					Prayer of St. Francis	Prayer of St. Francis	Prayer of St. Francis	Prayer of St. Francis	Prayer of St. Francis	Prayer of St. Francis
									The Beatitudes	The Beatitudes
										Divine Mercy Chaplet
										Come Holy Spirit
										Litany of the Saints

Introduction

Prayer is personal. Prayer is sincere communication with God.

Memorized prayers have a place at different times in our lives, including early formative years.

“For me, prayer is a surge of the heart; it is a simple look turned toward Heaven, it is a cry of recognition and of love, embracing both trial and joy.”

St. Thérèse of Lisieux

It is important to remember that memorized prayers are not to be viewed as a check-list or superstitious activity, but are given to help us with our ultimate goal of a personal and sincere relationship with God.

Any communication (prayer) with God is good. Even the Psalms are prayers that illustrate sincere anger, frustration, sorrow...as well as praise, intercession, etc.

In addition to the prayers in this booklet, all are encouraged to take times to practice silent awareness (contemplation), of just ‘being’ with God. Staying aware of how aware God is of you may take time and practice. It is good to simply “be with God.” After all, we are human ‘beings’ not human ‘doings.’

We turn to Mary who Scripture frequently says “pondered in her heart.”

Let us pray for each other to be open to the Holy Spirit’s lead.

Pre-K and Kindergarten

AMEN

Amen is a sign of agreement/approval. It means “so be it” or “truly!”



THE SIGN OF THE CROSS

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

OUR FATHER (Matthew 6:9-13)

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.

*When the disciples
asked Jesus how to pray,
He taught them the
prayer we call "Our
Father."*

HAIL MARY

Hail Mary, full of grace,
the Lord is with you;

Words from the Angel Gabriel to Mary (Luke 1:28)

Blessed are you among women,
and blessed is the fruit of your womb, Jesus.

Elizabeth's greeting to Mary (Luke 1:42)

Holy Mary, Mother of God,
pray for us sinners,
now, and at the hour of our death. 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 blessings, which we
have received from your bounty,
Through Christ our Lord.
Amen.

Whether at school, home or restaurant, alone or in a group,
Don't forget Grace before/after meals.
Do not feel shy about making *the Sign of the Cross* in a restaurant.

First Grade

MORNING OFFERING

O eternal God, Who loves me
Every second of the day,
Help me to love You
In all I think, do and say.

A morning offering is prayed when rising in the morning. Some schools pray this at the beginning of the school day to support this custom.

Or

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, and sufferings of this day
for all the intentions of your Sacred Heart,
in union with the Holy Sacrifice of the Mass throughout the world, for the
salvation of souls, the reparation of sins, the reunion of all Christians, and in
particular for the intentions of the Holy Father this month. Amen.

GLORY BE *(Doxology)*

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.



One does not make the sign of the cross during the Doxology, but some traditions bow their heads.

GUARDIAN ANGEL PRAYER *(Angel of God)*

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.



It is custom to pray to our guardian angel before travel.

Second Grade

EXAMINATION OF CONSCIENCE

Examining one's conscience is reflecting prayerfully on one's thoughts, words, and deeds in order to identify any faults. It is common to do this at Mass before the "Lord Have Mercy," before receiving the Sacrament of Reconciliation and the Eucharist, before one goes to sleep at night. It is usually followed by an act of contrition.

ACT OF CONTRITION (either option)

Option #1

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.

Option #2

O my God, I am heartily sorry for
having offended You.
I detest all my sins because I dread the loss of
heaven and the pains of hell.
But most of all because they offend you, my God,
Who are all good and deserving of all my love.
I firmly resolve, with the help of Your grace,
to sin no more and to avoid the near
occasions of sin. Amen.

Customary times to pray the Act of Contrition are before receiving the Eucharist, during the Sacrament of Reconciliation, at the end of the day and after committing a sin.

THE 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.

Third Grade

STATIONS OF THE CROSS

Before each station:

“We adore You O Christ and we praise You”

“Because by Your holy cross You have redeemed the world.”

1. Jesus is condemned to die.
2. Jesus takes up His cross.
3. Jesus falls the first time.
4. Jesus meets His mother.
5. Simon helps Jesus to carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of His garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb

One need not wait until Lent or even need walk around the stations in a Catholic Church to pray the Stations of the Cross.

Individual meditations per station vary.

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.

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

3rd grade continued

THE ROSARY

Holding the crucifix, begin the rosary with **the Sign of the Cross** and then pray the:

Apostles' Creed

Our Father on the first large bead

Hail Mary three times, once on each small bead

Glory Be

Say the first mystery aloud,

Pray the **Our Father** on the second large bead

Hail Mary 10 times, one on each small bead

Glory Be

Optional Fatima Prayer: *O my Jesus, forgive our sins, save us from the fires of hell and lead all souls to heaven, especially those who are in most need of thy mercy.*

Say the second mystery aloud, repeat the steps above for each mystery.

At the end of the rosary, pray the **Hail Holy Queen** and this additional part of the prayer:

O God, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech thee, that while meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise through the same Christ, our Lord. Amen.



The repetition in the Rosary allows for the meditation on the mysteries in the life of Christ.

The rosary itself is a sacramental and should be treated with respect.

One need not have a rosary to pray the rosary since we have 10 fingers!

Some keep a rosary near them (in car, pocket, desk, book bag, under pillow) in order to remind them to turn their hearts toward God throughout the day.

October is traditionally the month of the Rosary. Oct. 7 is feast of Our Lady of the Rosary /Our Lady of Victory. Suggestion: Research The Battle of Lepanto.

3rd grade continued

THE JOYFUL MYSTERIES

(Monday, Saturday and Sundays of Advent)

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

THE LUMINOUS MYSTERIES

(Thursday)

1. The Baptism of Christ in the Jordan
2. The (Miracle at the) Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist as a Sacrament

THE SORROWFUL MYSTERIES

(Tuesday, Friday and Sundays of Lent)

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)

THE GLORIOUS MYSTERIES

(Wednesday and Sundays outside of Lent and Advent)

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

Fourth Grade

THE ANGELUS

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. Be it 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.

For hundreds of years Church bells rang around 6 AM, noon and 6 PM to note it is time to pray the Angelus.

Most Cathedrals still ring the Angelus bells at noon.

The Holy Father will frequently give an address after praying the noon Angelus on Sundays.

During the Easter Season the Regina Caeli (below) is prayed in place of the Angelus.



This painting called "The Angelus" is an oil painting by French painter Jean-François Millet, completed between 1857 and 1859. The painting depicts two peasants bowing in a field over a basket of potatoes to say a prayer, the Angelus, that together with the ringing of the bell from the church on the horizon, marks the end of the day's work.

4th grade continued

THE REGINA CAELI

(same times as Angelus during Easter Season)

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 has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, 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.

THE MEMORARE

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

A VOCATION PRAYER

Lord, my God, you have made me to know you, to love you, to serve you, and thereby to find and to fulfill my deepest longings. I know that You are in all things, and that every path can lead me to You.

But of them all, there is one especially by which you want me to come to you. Since I will do what You want of me, I pray you, send your Holy Spirit to me: into my mind, to show me what You want of me into my heart, to give me the determination to do it, and to do it with all my love, with all my mind, and with all of my strength right to the end. Jesus, I trust in You. Amen.

There are many 'vocation prayers'. All ask to make known whether God 's calling for you is to serve in a religious single or married vocation.

Fifth Grade

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.

The first ecumenical Council after the legalization of Christianity was held in Nicea in 325. The Nicene Creed was developed at this time and so bears the name of that Council.

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.

THE CANTICLE OF MARY, THE MAGNIFICAT

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.

Priests, Religious and many around the world pray the Magnificat daily in the evening prayer of the Church (Vespers). In this song of joy, Mary is quoting many Old Testament references.

Jesus fulfills everything in the Old Testament.

Sixth Grade

THE SERENITY PRAYER

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next. Amen.

THE PRAYER OF ST 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,
and it is in dying that we are born to Eternal Life. Amen.

Seventh Grade

THE BEATITUDES (Matthew 5:1-12)

Blessed are the poor in spirit,

For theirs is the kingdom of Heaven.

Blessed are they who mourn,

For they shall be comforted.

Blessed are the meek,

For they shall possess the earth.

Blessed are they who hunger and thirst for justice,

For they shall be satisfied.

Blessed are the merciful,

For they shall obtain mercy.

Blessed are the clean of heart,

For they shall see God.

Blessed are the peacemakers,

For they shall be called children of God.

Blessed are they who suffer persecution for justice's sake,

For theirs is the kingdom of heaven.

Blessed are you who are persecuted for righteousness sake,

For theirs is the kingdom of heaven.

While the Beatitudes are not a prayer, per se, they are points for an examination of conscience on our attitude that undergirds prayer.

7th grade continued

THE DIVINE MERCY CHAPLET

(You may use a Rosary to pray this prayer)

1. Make the Sign of the Cross

2. Optional Opening Prayers -

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat 3 times) O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

3. Our Father, Hail Mary and the Apostle's Creed

4. For each of the five decades:

(On each "Our Father" bead of the rosary, pray)

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

(On each of the 10 "Hail Mary" beads, pray)

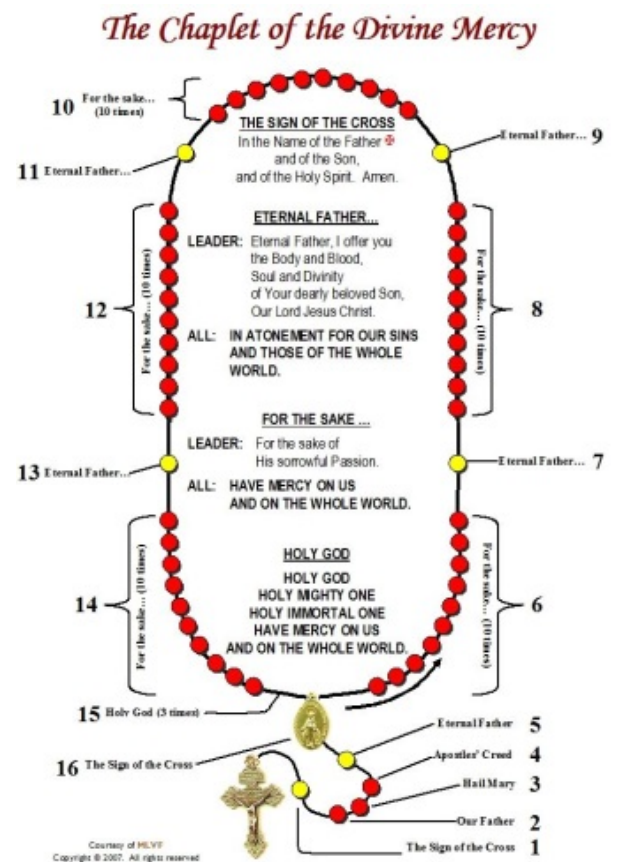
For the sake of His sorrowful Passion, have mercy on us and on the whole world.

5. Concluding prayer (Repeat 3 times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

6. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



Eighth Grade

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit
you have taught the hearts of your faithful.
In the same Spirit help us to relish what is right
and always rejoice in your consolation.
We ask this through Christ our Lord. Amen.



LITANY OF THE SAINTS

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, graciously hear us.

God, the Father of Heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.

Holy Mary,
Holy Mother of God,
Holy Virgin of Virgins,
St. Michael,
St. Gabriel,
St. Raphael,
All you Holy Angels and Archangels
St. John the Baptist,
St. Joseph,
All you Holy Patriarchs and Prophets,

pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.

St. Peter,
St. Paul,
St. Andrew,
St. James,

pray for us.
pray for us.
pray for us.
pray for us.

St. John, pray for us.
St. Thomas, pray for us.
St. James, pray for us.
St. Philip, pray for us.
St. Bartholomew, pray for us.
St. Matthew, pray for us.
St. Simon, pray for us.
St. Jude, pray for us.
St. Matthias, pray for us.
St. Barnabas, pray for us.
St. Luke, pray for us.
St. Mark, pray for us.
All you Holy Apostles and Evangelists, pray for us.
All you Holy Disciples of the Lord, pray for us.
All you Holy Innocents, pray for us.

St. Stephen, pray for us.
St. Lawrence, pray for us.
St. Vincent, pray for us.
Sts. Fabian and Sebastian, pray for us.
Sts. John and Paul, pray for us.
Sts. Cosmas and Damian, pray for us.
All you Holy Martyrs, pray for us.

St. Sylvester, pray for us.
St. Gregory, pray for us.
St. Ambrose, pray for us.
St. Augustine, pray for us.
St. Jerome, pray for us.
St. Martin, pray for us.
St. Nicholas, pray for us.
All you Holy Bishops and Confessors, pray for us.
All you Holy Doctors, pray for us.

St. Anthony, pray for us.
St. Benedict, pray for us.
St. Bernard, pray for us.
St. Dominic, pray for us.
St. Francis, pray for us.
All you Holy Priests and Levites, pray for us.
All you Holy Monks and Hermits, pray for us.

St. Mary Magdalene, pray for us.
St. Agatha, pray for us.

St. Lucy,
St. Agnes,
St. Cecilia,
St. Anastasia,
St. Catherine,
St. Clare,
All you Holy Virgins and Widows,
All you Holy Saints of God,

**pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.**

Lord, be merciful,
From all evil,
From all sin,
From your wrath,
From a sudden and unprovided death,
From the snares of the devil,
From anger, hatred and all ill-will,
From the spirit of uncleanness,
From lightning and tempest,
From the scourge of earthquake,
From plague, famine and war,
From everlasting death,
By the mystery of your Holy Incarnation,
By Your Coming,
By Your Birth,
By Your Baptism and Holy Fasting,
By Your Cross and Passion,
By Your Death and Burial,
By Your Holy Resurrection,
By Your wonderful Ascension,
By the coming of the Holy Spirit,
On the Day of Judgment,

**Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
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Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.**

Be merciful to us sinners,
That you will spare us,
That you will pardon us,
That it may please you to bring us to true penance,
Guide and protect your holy Church,
Preserve in holy religion the Pope, and all those in holy Orders,
Humble the enemies of holy Church,
Give peace and unity to the whole Christian people,
Bring back to the unity of the Church all those who are straying,
 and bring all unbelievers to the light of the Gospel,
Strengthen and preserve us in your holy service,
Raise our minds to desire the things of heaven,

**Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.
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Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.
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Lord, hear our prayer.
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Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.**

Reward all our benefactors with eternal blessings,
Deliver our souls from eternal damnation, and the souls
 of our brethren, relatives, and benefactors,
Give and preserve the fruits of the earth,
Grant eternal rest to all the faithful departed,
That it may please You to hear and heed us,
 Jesus, Son of the Living God,

Lamb of God, who takes away the sins of the world,
Lamb of God, who takes away the sins of the world,
Lamb of God, who takes away the sins of the world,

Christ, hear us,
Lord Jesus, hear our prayer
Lord, have mercy on us
Christ, have mercy on us
Lord, have mercy on us

Lord, hear our prayer.

Lord, hear our prayer.

Lord, hear our prayer.

Lord, hear our prayer.

Lord, hear our prayer.

Spare us, O Lord!

Graciously hear us, O Lord!

Have mercy on us.

Christ, graciously hear us.

Lord Jesus, hear our prayer.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us

Some Catholic Prayer Customs

The list is far from complete and in no order of importance. What are Catholic Prayer customs your family has for different occasions or seasons, like Advent, Christmas, Lent, Easter or special feast days? What are Catholic prayer customs that different cultures have?

1. Upon learning of the death of someone, when driving by a cemetery, seeing a funeral procession, placed at the end of grace at meals or another prayer during November, etc.:

Eternal rest grant unto (him/her/name) O Lord and let perpetual light shine upon (him/her/name).
May (her/her) soul and all the souls of the faithful departed through the mercy of God, rest in peace.
2. At the consecration of the Mass, make a silent statement of faith such as “My Lord and My God” or “I believe Lord, help my unbelief,” etc.
3. When driving by a Catholic Church, making a sign of the cross and say a silent prayer in acknowledgment of the presence of the Blessed Sacrament
4. When hearing a siren, saying a brief prayer
5. “Offering it up to God” by making the sign of the cross physically on top of a paper for school or work and “offering your effort” up as a prayer. Making the sign of the cross before sports, performances, etc. and “offering it up” as a prayer no matter the outcome. God wants faithfulness, not our idea of success. “Offering it up” means making a gift, not treating God like a vending machine.
6. Bowing your head at the name of Jesus
7. When hearing the name of the Lord taken in vain, turn it into a silent prayer by adding something similar to “May He be praised,” or “Blessed be the name of the Lord now and forever.”

8. When having lost an item, many pray to St. Anthony, patron of lost items, “Tony, Tony, come around, something is lost and can’t be found.”

9. Before traveling, many pray the Guardian Angel prayer.

10. At 3:00pm – “mercy hour” the time Jesus dies on the cross, or at another set time, say a mini- prayer. Some customary aspirations are

- “O God, be merciful to me a sinner!” This prayer is known as the “Jesus Prayer.” (Luke 18:13)
- We adore Thee, O Christ, and we bless Thee; because by Thy holy Cross Thou hast redeemed the world.
- O Heart of Jesus, I place my trust in Thee.
- Most Sacred Heart of Jesus, have mercy on us.
- My God and my all.
- Teach me to do Thy will, because Thou art my God. (Psalm 142:10)
- Jesus, meek and humble of heart, make my heart like unto thine!

Some ‘mini-prayers’ have responses:

- God is Good (R: *all the time.*)
All the time, (R: *God is Good.*)
- Blessed be the name of the Lord (R: *now and forever.*)
- Easter Greeting: The Lord is Risen. (R: *The Lord is risen indeed.*)
- Our help is in the name of the Lord (R: *Who made Heaven and Earth.*)
- Give thanks to the Lord, for He is good (R: *His mercy endures forever.*)

Other Prayers

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 and died for our sins, and that He will come 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. Amen.

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 the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured. Amen.

THE ANIMA CHRISTI

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, 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 malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels
Forever and ever. Amen.

ACT OF HOPE

O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

ACT OF SORROW

O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

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

**PRAYER BEFORE
COMMUNION**

Many pray the Act of
Contrition and/or make
an Act of Faith.

*O Sacrament most holy.
O Sacrament Divine.
All Praise and all
Thanksgiving
Be every moment Thine.*

PRAYER AFTER COMMUNION

Many pray the
Anima Christi and/or
Make an Act of Love.

There are many prayers for before and after communion if you find yourself unable to pray on your own. It is suggested you research the many communion prayers and choose what fits you.

It is difficult to not look around before and after communion, and sometimes reading a prayer helps focus your heart. It is suggested you practice self-control with your eyes during Mass. After communion, if you are not reading, it is suggested you close your eyes to help your heart gaze on God's love for you at that very moment.

PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

A STUDENT'S PRAYER *(by Saint Thomas Aquinas)*

Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with You and the Father, forever and ever. Amen.

Thomas Aquinas' prayer uses big words and concepts. You are encouraged to 'study' what they mean!

THE 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 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.

May the heart of Jesus, in the Most Blessed Sacrament, be Praised, adored, and loved with grateful affection, at every Moment, in all the tabernacles of the world, even to the End of time. Amen.

The Divine Praises are usually prayed during Benediction of the most Blessed Sacrament.

SUB TUUM PRAESIDIUM

(Under Thy Protection)

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.

The Sub Tuum is the oldest hymn to Mary (on papyrus from 3rd century) and still prayed every night (in Compline) all around the world.



MARY UNDOER OF KNOTS (*intro prayer of novena*)

Holy Mary, full of God's presence during the day of your life, you accepted with full humility the Father's will, and the devil was never capable of tying you up with his confusion.

Once with your Son you interceded for our difficulties, and full of kindness and patience, you gave us example of how to untie the knots in our life. By remaining forever Our Mother, you put in order and make more clear the ties that link us to the Lord.

Holy Mary, Mother of God and our Mother, to you who untie with a motherly heart the knots of our life, I ask for you to undo this knot:
(mention request here).

Through your grace, your intercession and your example deliver us from all evil, Our Lady, and untie the knots that prevent us from being united with God, so that we, free from sin and error, may find Him in all things, may have our hearts placed in Him, and may serve Him always in our brothers and sisters.

Additional School Prayers