

PRAYERS THROUGH GRADE 8 AND OLDER

Sign of the Cross

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

Our Father (Lord's Prayer)

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, they 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.

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. Amen.

Hail Mary

Hail Mary, full of Grace, the Lord is with thee. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Grace Before Meals

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

Guardian Angel Prayer

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.

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

Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*.
(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *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 your mercy.*)
8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

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*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 while meditating on 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.*

(A **prayer to St. Joseph** may also follow.) Conclude the Rosary with the Sign of the Cross.

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.

Mysteries of the Rosary (see Rosary handout)

The **Five Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

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

The **Five Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

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

The **Five Glorious Mysteries** are traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

The **Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. 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

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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.

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 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! Amen.

Prayer of St. Francis (Peace Prayer)

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.

Stations of the Cross

The 14 Stations of the Cross represent events from Jesus' passion and death. At each station we use our senses and our imagination to reflect prayerfully upon Jesus' suffering, Death, and Resurrection.

1. Jesus Is Condemned to Death.

Pontius Pilate condemns Jesus to death.

2. Jesus Takes Up His Cross.

Jesus willingly accepts and patiently bears his cross.

3. Jesus Falls the First Time.

Weakened by torments and by loss of blood, Jesus falls beneath his cross.

4. Jesus Meets His Sorrowful Mother.

Jesus meets his mother, Mary, who is filled with grief.

5. Simon of Cyrene Helps Jesus Carry the Cross.

Soldiers force Simon of Cyrene to carry the cross.

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6. Veronica Wipes the Face of Jesus.

Veronica steps through the crowd to wipe the face of Jesus.

7. Jesus Falls a Second Time.

Jesus falls beneath the weight of the cross a second time.

8. Jesus Meets the Women of Jerusalem.

Jesus tells the women to weep not for him but for themselves and for their children.

9. Jesus Falls the Third Time.

Weakened almost to the point of death, Jesus falls a third time.

10. Jesus Is Stripped of His Garments.

The soldiers strip Jesus of his garments, treating him as a common criminal.

11. Jesus Is Nailed to the Cross.

Jesus' hands and feet are nailed to the cross.

12. Jesus Dies on the Cross.

After suffering greatly on the cross, Jesus bows his head and dies.

13. Jesus Is Taken Down From the Cross.

The lifeless body of Jesus is tenderly placed in the arms of Mary, his mother.

14. Jesus Is Laid in the Tomb.

Jesus' disciples place his body in the tomb.

The closing prayer—sometimes included as a 15th station—reflects on the Resurrection of Jesus Christ.

Angelus

The Angel of the Lord declared unto Mary, And she conceived of the Holy Spirit.

Hail Mary, full of Grace, the Lord is with thee. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Behold the handmaid of the Lord. Be it done unto me according to Your Word.

Hail Mary, full of Grace, the Lord is with thee. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

And the Word was made flesh, And dwelt among us.

Hail Mary, full of Grace, the Lord is with thee. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

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

Let us pray:

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Pour forth, we beseech You, O Lord, Your Grace into our hearts; that as we have known the incarnation of Christ, your Son by the message of an angel, so by His passion and cross we may be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen.

Acts of Faith, Hope, and Love

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 are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Fatima Prayer

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

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 with this confidence, I fly to 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.

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.

Litany of Saints

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

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God the Holy Ghost, *have mercy on us.*
Holy Trinity, one God, *have mercy on us.*
Holy Mary, *pray for us*
Holy Mother of God, *pray for us*
Holy Virgin of virgins, *pray for us*
St. Michael, *pray for us*
St. Gabriel, *pray for us*
St. Raphael, *pray for us*
All you holy angels and archangels, *pray for us*
All you holy orders of blessed spirits, *pray for us*
St. John the Baptist, *pray for us*
St. Joseph, *pray for us*
All you holy patriarchs and prophets, *pray for us*
St. Peter, *pray for us*
St. Paul, *pray for us*
St. Andrew, *pray for us*
St. James, *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. Thaddeus, *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,
All you holy disciples of our 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*
SS. Fabian and Sebastian, *pray for us*
SS. John and Paul, *pray for us*
SS. Cosmas and Damian, *pray for us*
SS. Gervase and Protase, *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*

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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 Magdalen, *pray for us*

St. Agatha, *pray for us*

St. Lucy, *pray for us*

St. Agnes, *pray for us*

St. Cecilia, *pray for us*

St. Catherine, *pray for us*

St. Anastasia, *pray for us*

All you holy virgins and widows, *pray for us*

All you holy men and women, saints of God, *intercede for us.*

Be merciful, *spare us, O Lord.*

Be merciful, *graciously hear us, O Lord.*

From all evil, *deliver us, O Lord.*

From all sin, *deliver us, O Lord.*

From Thy wrath, *deliver us, O Lord.*

From a sudden and unprovided death, *deliver us, O Lord.*

From the deceptions of the devil, *deliver us, O Lord.*

From anger, and hatred, and all ill-will, *deliver us, O Lord.*

From the spirit of fornication, *deliver us, O Lord.*

From lightning and tempest, *deliver us, O Lord.*

From the scourge of earthquakes, *deliver us, O Lord.*

From plague, famine and war, *deliver us, O Lord.*

From everlasting death, *deliver us, O Lord.*

By the mystery of Thy holy incarnation, *deliver us, O Lord.*

By Thy coming, *deliver us, O Lord.*

By Thy nativity, *deliver us, O Lord.*

By Thy baptism and holy fasting, *deliver us, O Lord.*

By Thy Cross and Passion, *deliver us, O Lord.*

By Thy Death and burial, *deliver us, O Lord.*

By Thy holy Resurrection, *deliver us, O Lord.*

By Thine admirable Ascension, *deliver us, O Lord.*

By the coming of the Holy Ghost, the Paraclete. *deliver us, O Lord.*

On the day of judgment. *deliver us, O Lord.*

We sinners, *we beseech Thee, hear us*

That Thou wouldst spare us, *we beseech Thee, hear us*

That Thou wouldst pardon us, *we beseech Thee, hear us*

That Thou wouldst bring us to true penance, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to govern and preserve Thy Holy Church, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to preserve our Apostolic Prelate, and all ecclesiastical orders in holy religion, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to humble the enemies of holy Church, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to give peace and true concord to Christian kings and princes, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to grant peace and unity to all Christian peoples, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to ring back to the unity of the Church all who have strayed away, and lead to

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the light of the Gospel all unbelievers, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to confirm and preserve us in Thy holy service, *we beseech Thee, hear us*

That Thou wouldst lift up our minds to heavenly desires, *we beseech Thee, hear us*

That Thou wouldst render eternal blessings to all our benefactors, *we beseech Thee, hear us*

That Thou wouldst deliver our souls, and the souls of our brethren, relatives, and benefactors from eternal damnation, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to give and preserve the fruits of the earth, *we beseech Thee, hear us*

That Thou wouldst vouchsafe to grant eternal rest to all the faithful departed, *we beseech Thee, hear us*

That Thou wouldst vouchsafe graciously to hear us, Son of God, *we beseech Thee, hear us*

Lamb of God, who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *have mercy on us.*

Christ, hear us.

Christ, graciously hear us.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

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.

Chaplet of Divine Mercy

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!

(Pray the following three prayers) Our Father, Hail Mary and the Apostle's Creed

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.

Concluding prayer *(Repeat 3 times)*

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

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.

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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 Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

St. Michael Prayer

Saint 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 Thou, O Prince of the Heavenly Host, by the Divine Power of God, cast into hell Satan and all the evil spirits who roam throughout the world seeking the ruin of souls. Amen.

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 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. Amen.

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.