

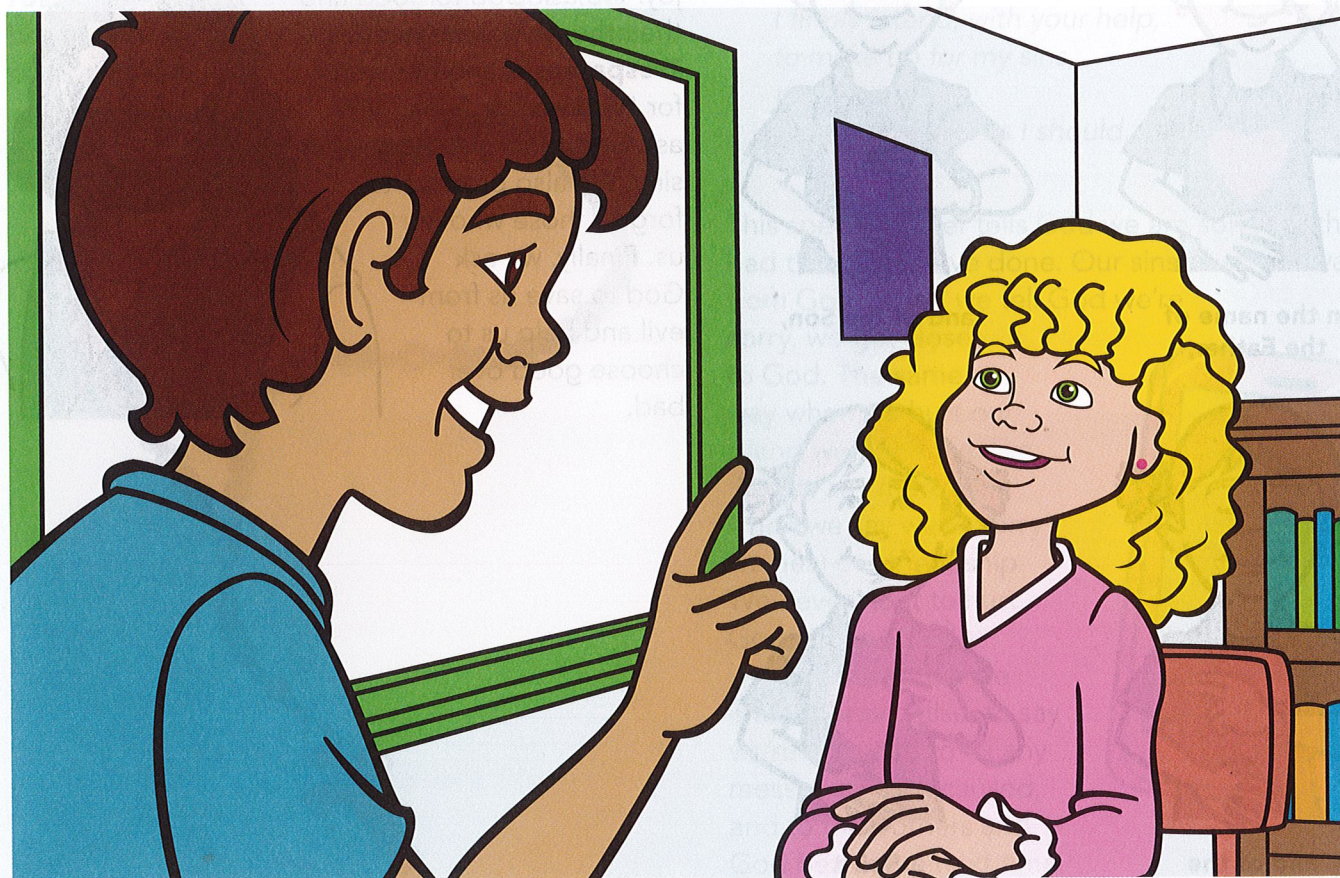
Catholic Prayers

After their last OCIA session on prayer, Mrs. Evans invited the children to come next time ready to share their favorite way to pray. Tomás was excited. He and his grandma shared a special prayer every week when he went to visit her. He couldn't wait to share it with his class.

"My favorite prayer is called the rosary," Tomás announced. "It's made up of a lot of different prayers, like the Our Father. The Our Father was Jesus' prayer from the Bible. And the Hail Mary."

"I've never heard of those prayers before," Tanya said. "Could you teach me?"

"Sure!" Tomás was happy he could share his favorite prayer.



Catholics love to pray together. It brings us together as a community. That's why Catholics have so many formal prayers. When we pray as a group, it's like we're having a conversation with God and the rest of our friends!



How do you and your family pray?

Sign of the Cross

This prayer honors the Holy Trinity. We use this all the time, like during Mass and when we bless ourselves with holy water. We say: *In the name of the Father, and of the Son, and of the Holy Spirit* while touching our forehead, chest, and shoulders. Then we say: *Amen* and bring our hands together. Watch your teacher and then try it on your own!



In the name of
the Father,



and of the Son,



and of the
Holy...



...Spirit

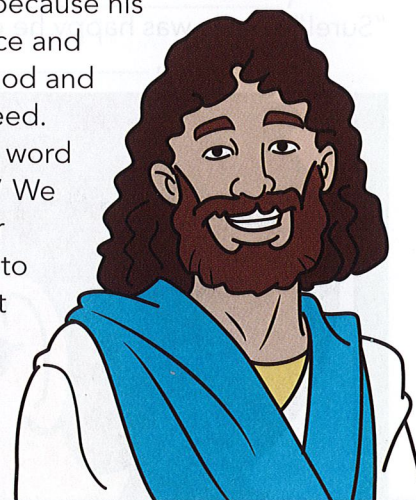
Q8

Our Father

This prayer honors God the Father. Jesus taught his friends this prayer when they asked him how to pray (Matthew 6:9–14, Luke 11:1–4). We can pray it alone, with our families, and at Mass. Other Christians pray this prayer, too!

*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*
(see Matthew 6:9–13).

This prayer says that God is the Father and ruler of us all and that he lives in heaven. **Hallowed** means "holy." So we pray God's name will be used in a holy way. We want God's kingdom to come to us on earth, because his kingdom is full of peace and joy. We ask God for food and the other things we need. **Trespasses** is another word for "wrongs" or "sins." We ask God to forgive our sins. We also promise to forgive those who hurt us. Finally, we ask God to save us from evil and help us to choose good over bad.



Hail Mary

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

This prayer honors the Mother of Jesus, Mary. "Hail Mary, full of grace" are the words the angel Gabriel used when he told Mary she would give birth to Jesus. This prayer says, "Hello, Mary. You are full of God's loving Spirit! You are the greatest of all women."

A **womb** is where a baby grows before he or she is born, so a "fruit" of the womb is a baby. For Mary, that was Jesus. God the Father made Mary holy and without sin so she could become the Mother of God.

We also pray to and honor Mary through the **rosary**, a special prayer we pray using counted beads. The rosary includes many Hail Marys and other prayers.



The 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.*

This prayer honors the Trinity. As a sign of respect for God, many people bow at the waist when they say it.



Practice saying the Glory Be while bowing.

The Act of Contrition

*Oh my God, I am sorry for my sins
with my whole heart. In choosing to do
wrong and failing to do good,
I have sinned against you and your Church.
I firmly intend, with your help,
to make up for my sins,
to sin no more,
and to love you as I should. Amen.*

This special prayer tells God we are sorry for the bad things we have done. Our sins push us away from God. When we tell God we're sorry, we get closer to God. The same way when we hurt our friend we don't feel like friends any more, but when we say we're sorry we heal our friendship. We never want to hurt God or the people we care about. So we intend, or promise, to say we're sorry, try to fix any messes our sins caused, and to treat others and God better the next time.





COMPLETE THE PRAYERS

Fill in the blanks using the word bank below. Some words will be used more than once.

now	earth	full	Holy Spirit	sinners	evil
heaven	bread	God	Jesus	temptation	Son
Father	beginning	forgive	blessed	kingdom	trespasses

Our Father, who art in _____,
hallowed be thy name;
thy _____ come;
thy will be done
on _____ as it is in _____.
Give us this day our daily _____;
and forgive us our _____
as we _____ those who trespass
against us;
and lead us not into _____,
but deliver us from _____.
Amen.

Hail Mary, _____ of grace,
the Lord is with you;
_____ are you among women,
and blessed is the fruit
of your womb, _____.
Holy Mary, Mother of _____,
pray for us _____
_____ and at the hour of our death.
Amen.

Glory be to the _____,
and to the _____,
and to the _____;
as it was in the _____,
is now,
and ever shall be,
world without end.
Amen.

In Short

- Personal and traditional prayers connect us to God in different ways.
- The mysteries of the rosary reflect the mystery of Christ.
- There are many traditional Catholic prayers.



Journey of Faith for Children, Inquiry, Q8 (826351)

The process by which adults are initiated into the Catholic faith throughout the United States is now called the OCIA—the Order of Christian Initiation of Adults. “Order” is a clearer translation of the Latin term for the process formerly known as the RCIA—the Rite of Christian Initiation of Adults. People preparing for baptism and reception into the Church celebrate several rites as part of the order to which those rites belong—an order whose mission is to journey in the faith. The US Conference of Catholic Bishops adopted the name change in 2021, with American dioceses introducing the name thereafter. For more information, please contact your local diocese.

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