

# **Essential Prayers and Formulas of Faith**

## **Diocese of Birmingham in Alabama**

### **Kindergarten Prayers and Formulas**

#### **1. The Sign of the Cross:**

In the name of the Father, and of the Son, and of the Holy Spirit Amen.  
(Children should be able to use the correct hand postures while making the Sign of the Cross.)

#### **2. Genuflection before the Blessed Sacrament**

#### **3. The Morning Offering for Young Children:**

O my Jesus, I offer you this day, all my thought and work and play. Help me to be good in all I do: gentle, loving, and kind like you. Please bless our world with your grace, bring peace and love to every place. Teach me to do what pleases you that I may serve you and be true. Hold in your hand my family dear, and always Lord be very near. Amen.

### **Grade 1 Prayers and Formulas**

#### **1. 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.

#### **2. 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 death. Amen.

#### **3. 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.

#### **4. 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.

#### **5. The Prayer to Our Guardian Angels**

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, rule and guide. Amen.

## **Grade 2 Prayers and Formulas**

### **1. The 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. Amen.

### **2. The Great Commandment (The Two Commandments of Love)**

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

### **3. The Golden Rule**

Do to others as you would have them do to you.

## **Grade 3 Prayers and Formulas**

### **1. The Stations of the Cross**

1. Jesus is condemned to death.
2. Jesus carries his cross.
3. Jesus falls the first time.
4. Jesus meets his Mother.
5. Jesus is helped by Simon of Cyrene.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus speaks to the women.
9. Jesus falls a third time.
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the Cross.
14. Jesus is placed in the tomb.

### **2. 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 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.

### 3. The Rosary

Start by making the sign of the Cross; Recite the Apostles Creed; Say 1 "Our Father", 3 "Hail Mary's" for the virtues of Faith, Hope and Charity; and then 1 "Glory Be"; The Rosary is divided into three parts, each having five mysteries. While meditating on the Mysteries, recite: 1 "Our Father", 10 "Hail Mary's" and 1 "Glory Be" for each Mystery. After each Mystery the "Fatima Prayer" may also be said. Together this makes up one decade. To finish, after the final mystery, say 1 "Hail Holy Queen" and 1 Rosary Conclusion prayer.

<p><b>The Joyful Mysteries</b> (<i>Mondays and Saturdays, may be said on Sundays during Advent and Christmas</i>)</p> <ol style="list-style-type: none"><li>1. The Annunciation</li><li>2. The Visitation</li><li>3. The Nativity</li><li>4. The Presentation</li><li>5. The Finding of Jesus in the Temple</li></ol> <p><b>The Luminous Mysteries</b> (<i>Thursdays</i>)</p> <ol style="list-style-type: none"><li>1. The Baptism in the Jordan</li><li>2. The Wedding at Cana</li><li>3. Proclamation of the Kingdom</li><li>4. The Transfiguration</li><li>5. Institution of the Eucharist</li></ol> <p><b>The Sorrowful Mysteries</b>(<i>Tuesdays and Fridays</i>):</p> <ol style="list-style-type: none"><li>1. The Agony in the Garden</li><li>2. The Scourging at the Pillar</li><li>3. The Crowning of Thorns</li><li>4. The Carrying of the Cross</li><li>5. The Crucifixion</li></ol>	<p><b>The Glorious Mysteries</b> (<i>Wednesdays &amp; Sundays</i>):</p> <ol style="list-style-type: none"><li>1. The Resurrection</li><li>2. The Ascension</li><li>3. The Descent of the Holy Spirit on the Apostles</li><li>4. The Assumption of the Blessed Virgin Mary</li><li>5. The Coronation of Mary: Mary crowned Queen of Heaven</li></ol> <p><b>Rosary Conclusion</b></p> <p>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 on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.</p>
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## Grade 4 Prayers and Formulas

### 1. 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; the third day He rose again from the dead; He ascended into Heaven, and 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 life everlasting. Amen.

## 2. **The Ten Commandments** (*Ex. 20:2-14; Dt. 5:6-21*)

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## 3. **Angelus**

- The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit. 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.
- Behold the handmaid of the Lord: Be it done unto me according to Thy word.
- Hail Mary . . .
- And the Word was made Flesh: And dwelt among us.
- Hail Mary . . .
- Pray for us, O Holy Mother of God, 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.

## **Grade 5 Prayers and Formulas**

### 1. **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.

## **2. 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.

## **3. Prayer to St. Michael the Archangel**

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.

## **Grade 6 Prayers and Formulas**

### **1. 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.

### **2. Holy Days of Obligation**

1. Mary, Mother of God (January 1)
2. Assumption of Mary (August 15)
3. All Saints Day (November 1)
4. Immaculate Conception (December 8)
5. Christmas (December 25)

## **Grade 7 Prayers and Formulas**

### **1. The Beatitudes**

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.

8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

## **2. The Three Theological Virtues**

1. Faith
2. Hope
3. Charity (Love)

## **3. The Four Cardinal Virtues**

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

## **4. The Spiritual Works of Mercy**

1. Admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead

## **5. The Corporal Works of Mercy**

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Offer hospitality to the homeless
5. Care for the sick
6. Visit the imprisoned
7. Bury the dead

## **Grade 8 Prayers and Formulas**

### **1. The Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day for all the intentions of Your most Sacred Heart, In union with the most Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all, and in particular for the Holy Father's intentions. I wish to gain all the indulgences attached to the prayers I shall say and the good works I shall perform this day. Amen.

## **2. The Seven Gifts of the Holy Spirit**

1. Wisdom
2. Understanding
3. Right Judgment
4. Knowledge
5. Courage
6. Reverence
7. Wonder and Awe

## **3. The Twelve Fruits of the Holy Spirit**

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

## **4. The Precepts of the Church**

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
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.

## **5. The Four Last Things**

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