

FAITH FORMATION PROGRAM
PRAYER BOOK



ST. MARY PARISH
OF THE
EMMAUS PASTORATE

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Prayers

Sign of the Cross (K)

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

Grace Before a Meal (K)

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

Grace After a Meal (K)

We give thee thanks, for all thy benefits, Almighty God, who live and
reign forever. Amen.

Angel of God (K)

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.

Morning Prayer (younger children)

God, my Father, I give you today all that I think and do and say. I'll
work and study, have fun and pray. Jesus be with me all through
the day. Amen.

Hail Mary (1)

Hail, Mary, full of grace. The Lord is with thee. Blessed are 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.

Our Father/The Lord's Prayer (1)

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.

Glory Be (1)

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.

Act of Contrition (2)

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.

The Ten Commandments (2)

1. I am the Lord your God. You shall not have other gods besides 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.

The Seven Sacraments (2)

1. Baptism
2. Reconciliation
3. Holy Eucharist
4. Confirmation
5. Marriage
6. Holy Orders
7. Anointing of the Sick

Morning Offering (3)

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 for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Apostles Creed (3)

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.

Four Gospels (3)

- Matthew, Mark, Luke, and John

Fatima Prayer (4)

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy mercy. Amen.

Beatitudes (4) (Matthew 5:3-12)

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the land.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the clean of heart (or pure of heart), for they will see God.

- Blessed are the peacemakers, for they will be called children of God.
- Blessed are they who are persecuted for the sake of righteousness (or 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.

Hail, Holy Queen (5)

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this 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. **Response:** That we may be made worthy of the promises of Christ.

The Rosary - How to Pray the Rosary (5)

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 a Hail Mary on each of the next three beads
5. On the fifth bead, say the Glory Be, then announce which set of mysteries is said that day, say the first mystery, and then the Our Father.
6. Go to the main part of the rosary. While fingering each of the ten beads of the decade, say a Hail Mary while meditating on the mystery. Then on the single bead, say a Glory Be.
7. After the Glory Be, announce the next mystery, say the Our Father, and then continue in the same way as before until each of the five mysteries of the selected group or decades is said.
8. On the medal at the end, say the Glory Be, then say the Hail, Holy Queen.

Act of Faith (6)

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 (6)

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 (6)

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.

Mysteries of the Rosary (7)

Joyful Mysteries (used on Monday and Saturday)

- The Annunciation
- The Visitation
- The Nativity (Birth of Jesus)
- The Presentation
- The Finding in the Temple

Mysteries of Light or Luminous Mysteries (used on Thursday)

- The Baptism of Jesus
- The Wedding Feast of Cana
- The Proclamation of the Kingdom, with the Call to Conversion
- The Transfiguration
- The Institution of the Eucharist

Sorrowful Mysteries (used Tuesday and Friday)

The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Crucifixion

Glorious Mysteries (used Wednesday and Sunday)

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption
The Crowning of Mary Queen of Heaven and Earth

Holy Days of Obligation (7) —On these days, there is an obligation to attend Mass and to refrain from servile work as much as possible.

- Mary, Mother of God—January 1
- Ascension of the Lord—40 days after Easter or the following Sunday (celebrated on the Seventh Sunday of Easter in the Archdiocese of Dubuque)
- The Assumption of Mary—August 15
- All Souls Day—November 1
- The Immaculate Conception of Mary—December 8
- Nativity of our Lord or Christmas—December 25

Gifts of the Holy Spirit (7)

1. wisdom
2. understanding
3. counsel
4. fortitude
5. knowledge
6. piety
7. fear of the Lord

Stations of the Cross (8)

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls the 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.

Nicene Creed (8)

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 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 Seven Corporal Works of Mercy (8)

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

The Seven Spiritual Works of Mercy (8)

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.