



To be a vibrant  
community of faith  
where all people feel they belong

## **Grade 1**

### *Regular Prayers*

#### **Our Father (The Lord's Prayer)**

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.

#### **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 our death.  
Amen.

### *Challenge Prayers*

#### **Prayer Before Meals**

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

#### **Prayer After Meals**

We give you thanks for all your benefits,  
almighty God, who lives and reigns  
forever. Amen.

# Prayers and Church Teachings to Memorize (by suggested grade level)

These are some of the prayers and Church teachings that students should try to memorize during their years in Faith Formation classes. They are divided into two categories: Regular and Challenge. We are hopeful that, with their parents' help, all students will be able to learn the prayers in the Regular category. For students who want to challenge themselves further, the Challenge category can give them something extra to work toward. If your family is accustomed to saying the prayers with slightly different wording (such as using "you" instead of "thee" in the Hail Mary) it is fine for students to memorize that wording instead of what is here.

Students will hopefully know some of the prayers from the grade levels they have already completed. If they don't, this provides a wonderful opportunity to brush up on them, as well.

Parents, please practice with your students. Focusing on these at home will help students be more excited about learning. Spontaneous prayer and talking to God from our hearts is also extremely important. We can all work together to stress to students the gift of various types of prayer.

## **Kindergarten**

### *Regular Prayers*

#### **The Sign of the Cross**

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

*Using your right hand, touch your forehead at the mention of the Father; the lower middle of your chest at the mention of the Son; the left shoulder on "Holy" and the right shoulder on "Spirit."*

#### **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.

### *Challenge Prayer*

#### **Angel of God (Prayer to your Guardian Angel)**

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.

# Prayers and Church Teachings to Memorize (by grade level)

## Grade 2

### *Regular Prayer*

#### **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.

#### **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. Amen.

### *Challenge Teachings*

#### **5 Essentials for a Good Reconciliation**

1. Examine your conscience
2. Being sorry for your sins.
3. Decide to improve with God's help.
4. Confess your sins to the priest.
5. Do your penance.

#### **Rules of the Communion Fast**

Do not eat anything or drink any liquid  
(other than water) one hour  
before receiving Communion.

*"In his life, Christ manifested his love by being with people, and by sharing their desires and problems. So too the Eucharist brings us together with others — young and old, poor and affluent, neighbors and visitors. The Eucharist calls us to see all of them as our brothers and sisters, and to see in them the face of Christ." - Pope Francis, General Audience, Feb. 12, 2014*

## Grade 3

### *Regular Prayer*

#### **Apostle's 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.

*Students might notice that "catholic" is not capitalized here. In this instance, "catholic" means "universal" rather than serving as the formal name of the Catholic Church.*

### *Challenge Teaching*

#### **The Seven Sacraments**

Baptism  
Confirmation  
Eucharist  
Reconciliation  
Anointing of the Sick  
Marriage  
Holy Orders

*The first 3 are known as Sacraments of Initiation.  
The next 2 are Sacraments of Healing.  
The final 2 are Sacraments of Service.*



# Prayers and Church Teachings to Memorize (by grade level)

## Grade 4

### *Regular Teaching*

#### **The Ten Commandments**

1. I am the Lord, your God. You shall have no 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.

### *Challenge Teaching and Prayer*

#### **Holy Days of Obligation**

*(Meaning you must attend Mass on these days)*

Mary, the Mother of God - January 1

Assumption of Mary - August 15

All Saints' Day - November 1

Immaculate Conception of Mary - December 8

Christmas - December 25

#### **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 host,  
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 5

### *Regular Prayer*

#### **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.

### *Challenge Teachings*

#### **How to say and lead the Rosary**

Begin by making the Sign of the Cross  
with the rosary's crucifix. Then say the Apostles  
Creed, one Our Father, three Hail Marys,  
and one Glory Be (moving along the beads  
leading from the crucifix).



Begin the first decade of the  
rosary by saying the name of  
the first mystery. Again, moving  
along the beads, say one Our  
Father (large, separate bead),  
ten Hail Marys (grouped beads),  
and one Glory Be (next large,  
separate bead). This completes  
one decade. All the other decades are said in the  
same manner, with a different mystery for each  
decade.

At the end of the rosary, the Hail, Holy Queen  
prayer may be recited. People may choose to  
add other prayers, as well.

Several people add the Fatima prayer after each  
Glory Be. It is: "O my Jesus, forgive us our sins.  
Save us from the fires of hell. Lead all souls to  
heaven, especially those in most need of thy  
mercy."

*Grade 5*

*Mysteries of the Rosary are on the  
following page.*

# Prayers and Church Teachings to Memorize (by grade level)

## **Grade 5, continued**

### *Challenge Teaching*

#### **Mysteries of the Rosary**

##### **Joyful Mysteries**

*(said on Mondays and Saturdays)*

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

##### **Sorrowful Mysteries**

*(said on Tuesdays and Fridays)*

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

##### **Glorious Mysteries**

*(said on Wednesdays and Sundays)*

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

##### **Luminous Mysteries**

*(said on Thursdays)*

1. The Baptism of the Lord
2. The Wedding of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## **Grade 6**

### *Regular Teachings*

#### **5 Seasons of the Church Year**

Advent, Christmas, Ordinary Time,  
Lent and Easter

#### **Names of the 4 Gospels**

Matthew, Mark, Luke and John

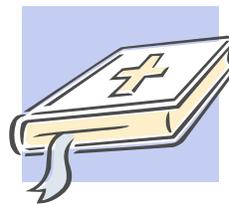
#### **Books of the Bible:**

**Number of Old Testament Books - 46**

**Number of New Testament Books - 27**

#### **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 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.



### *Challenge Teachings*

#### **7 Corporal Works of Mercy**

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

#### **7 Spiritual Works of Mercy**

1. Correct those who need it.
2. Teach the ignorant.
3. Give advice to those who need it.
4. Comfort those who suffer.
5. Be patient with others.
6. Forgive others who hurt you.
7. Pray for others.

# Prayers and Church Teachings to Memorize (by grade level)

## **Grade 7**

### *Regular Teachings*

#### **Rules of Fast and Abstinence**

Fasting: adults age 18 until the 60th birthday

Abstinence: begins at 14 years old

Abstinence forbids the eating of meat. Fasting allows one full meal and two lighter meals in the course of the day and prohibits eating between meals. Pregnant women and people who are sick are not obliged to fast.

Ash Wednesday and Good Friday are days of fast and abstinence; all other Fridays of Lent are days of abstinence only.

#### **Emergency Baptismal Formula**

Pour ordinary water on the forehead (not the hair) of the person to be baptized and say while pouring it: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit." (Note: Any person can and should baptize in case of necessity; the same person must say the words while pouring the water.)

## **Grade 7**

### *Challenge Teaching*

#### **Stations of the Cross**

*You do not need to memorize the Stations, but should pray the Stations in the church with your teacher and/or family at least once this year.*

1. Jesus is condemned to death on the cross.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful Mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to 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 placed in the tomb.

## **Grade 8**

### *Regular Teachings*

#### **7 Capital Sins**

Pride, Covetousness, Lust, Anger, Gluttony, Envy and Sloth

#### **7 Gifts of the Holy Spirit**

Wisdom, Understanding, Knowledge, Counsel (or Right Judgment), Fortitude (or Courage), Piety (or Reverence), Fear of the Lord (or Awe and Wonder)

## **Grade 8**

### *Challenge Teachings*

#### **12 Fruits of the Holy Spirit**

Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Chastity, Self-Control, Modesty and Goodness

#### **4 Marks/Characteristics of the Church**

One  
Holy  
Catholic  
Apostolic

#### **A Prayer for Families by Pope Francis**

Jesus, Mary and Joseph, in you we contemplate the splendor of true love, to you we turn with trust. Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic Churches. Holy Family of Nazareth, may families never again experience violence, rejection and division; may all who have been hurt or scandalized find ready comfort and healing. Holy Family of Nazareth . . . make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan. Jesus, Mary and Joseph, graciously hear our prayer. Amen.