



OUR LADY OF GUADALUPE
FAITH FORMATION
BASIC CATHOLIC PRAYERS AND
TEACHINGS

Prayers	1 st . Grade	1 st Year Holy Communion	2 nd Year Holy Communion	4 th Grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade
Sign of the Cross	√	√	√	√	√	√	√	√
Glory be to the Father	√	√	√	√	√	√	√	√
Our Father	√	√	√	√	√	√	√	√
Hail Mary	√	√	√	√	√	√	√	√
Angel of God	√	√	√	√	√	√	√	√
Prayer Before Meals	√	√	√	√	√	√	√	√
Act of Contrition		√	√	√	√	√	√	√
Ten Commandments			√	√	√	√	√	√
Sacraments & Meaning			√	√	√	√	√	√
Apostles Creed			√	√	√	√	√	√
Importance of the Mass			√	√	√	√	√	√
The Greatest Commandment			√	√	√	√	√	√
Meaning of Sin			√	√	√	√	√	√
Act of Love				√	√	√	√	√
Act of Faith				√	√	√	√	√
Act of Hope				√	√	√	√	√
Beatitudes				√	√	√	√	√
Gloria				√	√	√	√	√
Stations of the Cross				√	√	√	√	√
Corporal Works of Mercy				√	√	√	√	√
Spiritual Works of Mercy				√	√	√	√	√
How to pray the Rosary				√	√	√	√	√
Mysteries of the Rosary					√	√	√	√
Holy Days of Obligation						√	√	√
Gifts of the Holy Spirit						√	√	√
Prayer of St. Francis						√	√	√
Fruits of the Holy Spirit						√	√	√

Precepts of the Church						√	√	√
Books of the New Testament						√	√	√
Order of the Mass							√	√
Nicene Creed							√	√
Liturgical Year							√	√
Confiteor							√	√
Virtues							√	√
Hail Holy Queen							√	√

The prayers are marked for the age and level of the child. All prayers must be learned by the time they make their Confirmation in High School.

The Sign of the Cross: In the name of the Father, the Son, and of the Holy Spirit. Amen

Our Father: Our Father, who art in heaven, hallowed by Thy name; Thy kingdom come, Thy will be don 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 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

Glory Be to the Father: 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

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, suffer 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

Hail Holy Queen: Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope, To thee do we cry out, 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. Amen

Angel of God

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

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 can neither deceive or be deceived. Amen

Act of Hope

O my God, relying on Your infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen

Act of Love

O my God, I love You above all things with my whole heart and soul, because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and I ask pardon of those whom I have injured. Amen

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, O God, Almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, You take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; You are seated at the right hand of the Father, have mercy on us. For You alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen

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

Prayer before Meals

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

Prayer after Meals

We give You thanks for your gifts, Almighty God, living and reigning now and forever. 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 dies for us. In His Name, my God, have mercy. Amen

Prayer of Saint Francis

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

Saint 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 power of God cast into hell Satan and all the evil spirits, who prowl around the world seeking the ruin of souls. Amen

The Rosary

A prayer in honor of the Blessed Virgin Mary.

1. Pray the Sign of the Cross and the Apostles' Creed
2. Pray 1 Our Father, 3 Hail Marys, 1 Glory Be to the Father
3. Think about the first mystery and pray one decade;
1 Our Father, 10 Hail Marys, 1 Glory Be to the Father
- 4, Repeat (3) with following four mysteries
5. Pray the Hail Holy Queen, and the Sign of the Cross

Mysteries of the Rosary

Four sets of five special events in the lives of Jesus and Mary.

Joyful Mysteries

The Annunciation

The Visitation

The Nativity

The Presentation

The Finding of Jesus in the Temple

Luminous Mysteries

The Baptism of Jesus in the River Jordan

The Wedding Feast at Cana

The Proclamation of the Kingdom of God

The Transfiguration of Jesus

The Institution of the Eucharist

Sorrowful Mysteries

The Agony in the Garden

The Scouring at the Pillar

The Crowning of Thorns

The Carrying of the Cross

The Crucifixion

Glorious Mysteries

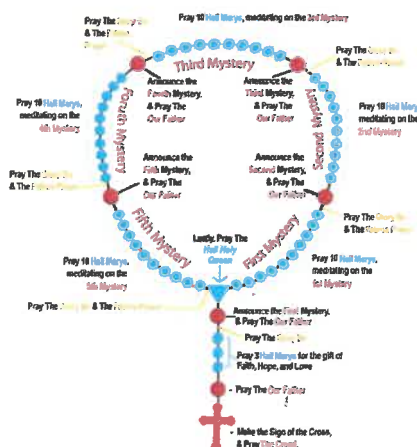
The Resurrection

The Ascension

The Coming of the Holy Spirit

The Assumption of Mary

The Coronation of Mary



Ten Commandments

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 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.



Jesus summed up man's duties toward God in this saying: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." CCC2083

God has loved us first. The love of the One God is recalled in the first of the "ten words." The commandments then make explicit the response of love that man is called to give to his God

The Great Commandment

You shall love God with all your heart, with all your soul, and with all your mind.

You shall love your neighbor as yourself.



The New Commandment

Love one another. As I have loved, so you also should love.



SACRAMENTS

Sacraments are “powers that comes forth” from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in His Body, the Church. They are “the masterworks of God” in the new and everlasting covenant. CCC1116

CCC 1116

The Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions.

Sacraments are ways which God’s life enters our lives through the work of the Holy Spirit. Our celebration of them is a sign of Chris’s presence in our lives and a means for receiving His grace.



Baptism

In Baptism we receive new life in Christ. Baptism takes away Original Sin and gives us a new birth in the Holy Spirit. Its sign is the pouring of water.



Confirmation

Confirmation completes the grace we receive in Baptism. Its signs are the laying of hands on a person's head and anointing with oil.



Holy Eucharist

We give thanks to God, and it brings us into union with Jesus Christ and His saving Death and Resurrection. Its signs are the consecrated Bread and Wine that become the Body and Blood of Jesus Christ.



Penance/Reconciliation

We receive God's forgiveness and are reconciled with God and the Church. Forgiveness requires sorrow for the sins committed. We receive Jesus' healing grace through absolution by the priest. Its signs are our confession of sins and the words of absolution.



Anointing of the Sick

In this sacrament a sick person is anointed with holy oil and receives the strength, peace, and courage to overcome the difficulties of illness. Its symbol is oil and the laying on of hands.



Holy Orders

Through the laying on of hands, men receive a permanent sacramental mark that calls them to minister to the church, as deacons, priests, or bishops.



Holy Matrimony

A man and woman make a solemn agreement to be partners for life and are united with each other as a sign of the unity between Jesus and His Church.

The Holy Spirit prepares the faithful for the sacraments by the Word of God and the faith which welcomes that word in well-disposed hearts. Thus the sacraments strengthen faith and express it. CCC1133

THE MASS

The Mass is at the same time, and inseparably, the sacrificial memorial in which the sacrifice of the cross is perpetuated and the sacred banquet of communion with the Lord's body and blood. But the celebration of the Eucharistic sacrifice is wholly directed toward the intimate union of the faithful with Christ through communion. To receive communion is to receive Christ himself who has offered Himself for us.

Mass is the perfect prayer!!

ORDER OF THE MASS

The Mass

The most important sacramental celebration of the Church, established by Jesus at the Last Supper as a remembrance of His Death and Resurrection. We listen to God's Word and receive Jesus Christ in the consecrated Bread and Wine that are His Body and Blood.

The Mass, the high point of Christian life, always follows a set order.

Introductory Rite

Entrance Procession (& Song)

Sign of the Cross & Greeting

Penitential Rite

Gloria

Opening Prayer

Liturgy of the Word

First Reading

Responsorial Psalm

Second Reading

Gospel Acclamation (Alleluia)

Gospel Reading

Homily

Profession of Faith

General Intercessions

Liturgy of the Eucharist

The Preparation of the Gifts

Prayer over the Gifts

Eucharistic Prayer

Preface-Holy, Holy, Holy-Institution

Narrative-the Mystery of Faith-Amen



Communion Rite

The Lord's Prayer

Sign of Peace

Lamb of God

Communion

Prayer after Communion

Concluding Rite

Final Blessing

Dismissal



Precepts of the Church

The minimum effort we must make in prayer and in living a moral life as Catholics; all are called to do more by growing in love of God and neighbor.

1. Attendance at Mass on Sundays and Holy Days of Obligation
2. Confession of sins at least once a year.
3. Reception of Holy Communion at least once a year during the Easter season
4. Observance of the days of fasting and abstinence
5. Provide for the needs of the Church

Holy Days of Obligation

Days other than Sundays on which we must attend Mass to celebrate the great things God has done for us.

January 1	Mary Mother of God
Ascension	40 Days after Easter
August 15	Assumption of the Blessed Virgin Mary
November 1	All Saints Day
December 8	Immaculate Conception
December 25	Nativity of Our Lord Jesus Christ (Christmas)

Liturgical Year

The Liturgical Year begins on the first Sunday of Advent and ends with the celebration of the Solemnity of Jesus Christ the King. There are five seasons in the Liturgical Year.

The Seasons

The Feasts

The solemnities of the year

They are marked by different colors, noted in the colors of the altar linens and clerical robes.

Advent

The first season begins the fourth Sunday before Christmas and is a time of anticipation and preparation for the celebration of Jesus' birth.

Christmas

This season begins on Christmas Eve and ends on the Sunday we celebrate the Baptism of Jesus. It also includes the celebration of the Epiphany, the celebration of His manifestation to the world; the Feast of the Holy Family, and the Solemnity of Mary, Holy Mother of God.

Lent

This season begins on Ash Wednesday and marks a time of conversion. We turn to God in preparation for Easter by rededicating ourselves to doing good and repenting for our sins. The season ends with Holy Week when we recall the passion of our Lord.

Easter

The season begins with the celebration of Jesus' Resurrection on Easter and lasts through Pentecost, when we celebrate the coming of the Holy Spirit.

Ordinary Time

The season between Christmas and Lent and between Easter and Advent is known as Ordinary Time. We celebrate our call to follow Jesus day by day as His disciples.

Corporal Works of Mercy

Kind acts to help neighbors with material and physical needs:

Give food and drink to the hungry	Visit the sick
Shelter the homeless	Visit the imprisoned
Clothe the naked	Bury the dead
Give alms to the poor	

Spiritual Works of Mercy

Act of compassion to help neighbors with emotional and spiritual needs:

Instruct	Comfort
Advice	Forgive
Console	Bear wrongs patiently

Fruits of the Spirit

Signs of the Holy Spirit's action in our lives:

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

Gifts of the Spirit

Wisdom	Understanding
Counsel	Fortitude
Knowledge	Piety
Fear of the Lord (Wonder and Awe)	

Beatitudes

The Beatitudes are at the heart of Jesus' preaching. They take up the promises made to the chosen people since Abraham. The Beatitudes fulfill the promises by ordering them no longer merely to the possession of a territory, but to the Kingdom of heaven. The Beatitudes reveal the goal of human existence, the ultimate end of human acts: God calls us to His own beatitude. This vocation is addressed to each individual personally, but also to the Church as a whole, the new people made up of those who have accepted the promise and live from it in faith.

- * Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- * Blessed are those who mourn, for they shall be comforted.
- * Blessed are the meek, for they shall inherit the earth.
- * Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- * Blessed are the merciful, for they shall obtain mercy.
- * Blessed are the pure in heart, for they shall see God.
- * Blessed are the peacemakers, for they shall be called sons of God.
- * Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- * Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.

Virtues

Gifts from God that lead us to live in a close relationship with Him.

Theological Virtues Faith Hope Love

Come from God and lead to God

Cardinal Virtues Prudence Justice Fortitude Temperance

Acquired by education and good actions

Books of the New Testament

27 Books

† Matthew (Mt)	♦ Ephesians (Eph)	♦ Hebrew (Heb)
† Mark (Mk)	♦ Philippians (Phil)	♦ James (Jas)
† Luke (Lk)	♦ Colossians (Col)	♦ 1st Peter (1 Pt)
† John (Jn)	♦ 1st Thessalonians (1 Thes)	♦ 2nd Peter (2Pt)
♦ Acts of the Apostles (Acts)	♦ 2nd Thessalonians (2 Thes)	♦ 1st John (1 Jn)
♦ Romans (Rom)	♦ 1st Timothy (1 Tm)	♦ 2nd John (2 Jn)
♦ 1st Corinthians (1 Cor)	♦ 2nd Timothy (2 Tm)	♦ 3rd John (3 Jn)
♦ 2nd Corinthians (2 Cor)	♦ Titus (Ti)	♦ Jude (Jude)
♦ Galatians (Gal)	♦ Philemon (Phlm)	♦ Revelation (Rev)

Sin

A deliberate thought, word, deed, or failure to act that offends God and hurts our relationships with other people. Sin is an offense against reason, truth, and right conscience; it is failure in genuine love for God and neighbor caused by a perverse attachment to certain goods. It wounds the nature of man and injures human solidarity. Sin is an offense against God. Sin sets itself against God's love for us and turns our hearts away from it. Sin is "love of oneself even to contempt of God." Sins can be distinguished according to their objects, as can every human act or according to the virtues they oppose. In simple words, every sin hurts God. Sins are rightly evaluated according to their gravity. The repetition of sins even venial, engenders vices, among which are the capital sins. The distinction between mortal and venial sin, already evident in Scripture, became part of the tradition of the Church. It is corroborated by human experience. In brief, Sin is an utterance, a deed, or desire contrary to the eternal law. It is an offense against God. It rises up against God in a disobedience contrary to the obedience of Christ. The root of all sins lies in man's heart.

Venial

Does not separate us from God, but hurts God and others. Although venial sins do not separate us from God, they make us weak and makes it easier to commit more sins and even mortal sins. With each venial sin we commit, we push God further and further away. When one commits a venial sin, is when one disobeys the moral law in a grave matter, but without full knowledge or without complete consent.

Mortal

Destroys charity in the heart of man by a grave violation of God's law; it turns man away from God, who is his ultimate end and his beatitude, by preferring an inferior good to him. For a sin to be mortal, three conditions must together be met.

- ✓ **Grave matter:** Cause damage and or harm to another person or oneself. Total rejection of God. Kills the grace of God in us.
- ✓ **Full Knowledge:** It presupposes knowledge of the sinful character of the act, of its opposition to God's law. It implies a consent sufficiently deliberate to be a personal choice. You know the consequences and have full knowledge of the harm it can cause.
- ✓ **Consent:** Knowing of the consequences and choosing to do it anyway. No one is forcing or making you do it. You freely choose to do it.

God predestines no one to go to hell, for this, is willful turning away from God.

The teaching of the Church affirms the existence of hell and its eternity. Immediately after death the souls of those who die in the state of mortal sin, descend into hell, where they suffer the punishments of hell, "eternal fire". The chief punishment of hell is eternal separation from God, in whom alone man can possess the life and happiness for which he was created and for which he longs. CCC 1035

Parents also have the right and the duty to be involved in preparing their child (ren) for receiving the First Communion. The catechesis offered should help parents grow in their own understanding and appreciation of the Eucharist and enable them to catechize their children more effectively. (NDC)

