Grade 1 Scope and Sequence



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Unit	Chapter	Lesson Concepts	Sacred Scripture	Catechism of the Catholic Church	Tasks of Catechesis	Catholic Faith Words	People of Faith	Catholic Social Teaching
KERYGMA	God Loves Us	 God tells us about himself in the Bible. My life is a part of God's story. God's love is a free gift. God will never take away his love, even when I sin. Jesus tells the story of God's love by the way he lives and dies. 	My Law Jeremiah 31:33; Disobeying God Genesis 3:1–7; God So Loved the World John 3:16	51–53, 283	Forming for Life in Christ, Introduction to Community Life	Bible, Original Sin, Jesus	St. Thomas the Apostle	Life and Dignity, Care for Creation
1	CHAPTER 1 Created By God	 The Bible is God's Word written by humans. We learn about God from the Bible. God made humans to be his friends, to know and love him. God made everything. All of his creation is good. 	You Created Me Psalm 139:13–15; The Garden of Eden Genesis 2:7–22	105–106, 355, 299	Leading to Knowledge of the Faith, Introduction to Community Life	creation		Life and Dignity, Care for Creation
VELATION .	God's Gifts for Us	 God created the world to show his love. All of creation is God's gift to us, and his Son, Jesus, is his greatest gift. People use God's gifts in the world to make things we need. Thanksgiving is showing God we are grateful for all that he's given us. 	God Was Pleased Genesis 1:11–31; The Story of Creation Genesis 1:6–25	293–294, 299, 312, 2402, 2637	Leading to Knowledge of the Faith, Teaching Prayer	praise, thanksgiving	St. Nicholas	Dignity of Work, Care for Creation
REV	CHAPTER 3 Care	 The image of God is the likeness of God that is in all human beings because we are created by him. Humans are the most special part of creation. God gave us the ability to think and make choices. God gave Adam and Eve the responsibility to be caretakers of his creation. Each of us is responsible for treating all of creation with care and respect. 	Humans in Charge Genesis 1:27–31; Take Care of What I've Given You Genesis 1:26–30	357, 356, 373, 2415	Leading to Knowledge of the Faith, Introduction to Community Life	image of God	St. Albert the Great	Life and Dignity, Care for Creation
	CHAPTER 4 The Holy Trinity	 God asks us to be friends with one another, to be nice, and to help each other when in need. Jesus is the Son of God who shows us the way to his Father. God the Father loves us so much he sent his only Son to be with us. The Holy Trinity is God the Father, God the Son, and God the Holy Spirit, the one God in three Divine Persons. 	Go and Make Disciples Matthew 28:19–20; The Way to the Father John 14:8–9	1822, 1844, 426, 1698, 422, 253–254	Leading to Knowledge of the Faith, Introduction to Community Life	God the Father, Son of God, Holy Trinity	St. Patrick	Life and Dignity, Rights and Responsibilities
TRINITY	CHAPTER 5 The Holy	 Signs of love are expressed in families. Jesus is the Son of God and a human being. The Holy Family is the name of the human family of Jesus, Mary, and Joseph. Jesus grew up with Mary and Joseph in Nazareth, praying and learning. 	Joseph's Dream Matthew 2:19–23; The Boy Jesus Luke 2:51–52	1656–1657, 423, 1655, 532–533	Leading to Knowledge of the Faith, Introduction to Community Life	Mary, Holy Family	Sts. Zechariah, Elizabeth, and John	Life and Dignity, Call to Community
	CHAPTER 6 About the Bible	 Jesus told stories like the Lost Sheep to show us how God watches over and guides us, always welcoming us back. A parable is a short story Jesus told about everyday life to teach something about God. The Bible is the Church's holy book. The two parts of the Bible are the Old Testament and the New Testament. 	Jesus' Parables Matthew 13:34–35; The Parable of the Lost Sheep Luke 15:3–6; The Good Shepherd John 10:14–15	605, 546, 104, 138, 120	Leading to Knowledge of the Faith, Forming for Life in Christ	Old Testament, New Testament	St. Paul of the Cross	Life and Dignity, Option for the Poor
3 Es	Jesus the Healer	 Saint Teresa of Calcutta is an example of how we are to share God's love by caring for the sick. Jesus' healings showed God the Father's power and love. Faith is the gift of believing and trusting in God so much that we do what he asks us to do. 	Jesus Preached and Healed Matthew 9:35; Have Faith Luke 8:40–56	2447, 1503, 1814	Leading to Knowledge of the Faith, Introduction to Community Life	faith	St. Louise de Marillac	Option for the Poor, Human Solidarity
SUS CHRIST	Jesus Teaches Love	 A Commandment is a law that God made for people to obey. Jesus taught the Great Commandment to love God above all else and to love others the way you love yourself. 	The Most Important Commandment Mark 12:28–31; The Greatest Commandment Luke 10:25–28	2056, 2055	Forming for Life in Christ, Introduction to Community Life	Commandment, Great Commandment	St. Thomas of Villanova	Life and Dignity, Dignity of Work
JESL	Jesus Teaches Us to Pray	 Prayer is talking to and listening to God. We need prayer to get close to God. The Lord's Prayer is the prayer Jesus taught his followers to pray to God the Father. 	When You Pray Matthew 6:6–8; How to Pray Ephesians 5:18–20	2559, 2565, 2759	Leading to Knowledge of the Faith, Teaching Prayer	prayer, Lord's Prayer	St. Ephrem the Hymnist	Life and Dignity, Call to Community

Scope and Sequence **CE33** CE32 Alive in Christ

Grade 1 Scope and Sequence



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Unit		Chapter	Lesson Concepts	Sacred Scripture	Catechism of the Catholic Church	Tasks of Catechesis	Catholic Faith Words	People of Faith	Catholic Social Teaching
4	CHAPTER 10	Responding to God	 Noah said "yes" to God, and God promised to always keep him safe. The rainbow is a sign of that promise. Jesus invites everyone to God's Kingdom—the world of love, peace, and justice that is in Heaven and is still being built on Earth. The Church shares Jesus' message about God's love. The Church is a community of baptized people who believe in God and follow Jesus. 	Noah Built an Ark Hebrews 11:7; Noah Says "Yes" Genesis 6:14–22, 7:1–10, 9:17; The Parable of the Great Feast Luke 14:16–23	2569, 543, 737, 782	Leading to Knowledge of the Faith, Introduction to Community Life	Kingdom of God, Church	Bl. Mary Theresa of Jesus	Call to Community, Rights and Responsibilities
THE CHURCH	CHAPTER 11	The Church's Guide	 A guide helps us and shows us the way. The Holy Spirit is the Third Divine Person of the Holy Trinity. Jesus promised us that the Holy Spirit would guide the Church. Saint Thérèse loved God very much and worked for him through her little jobs. She called this "The Little Way." 	Live in and Follow the Spirit Galatians 5:22–23, 25; Jesus Promises the Holy Spirit John 14:26	729, 243, 747, 1477	Leading to Knowledge of the Faith, Introduction to Community Life	Holy Spirit	St. Rose of Lima	Rights and Responsibilities, Dignity of Work
	CHAPTER 12	Friends of God	 Saints are heroes of the Church who loved God very much, did his work on Earth, and are now with him in Heaven. Holy means unique and pure; set apart for God and his purposes. We are part of the family of Saints, connected to the Saints who lived before us and to those who believe in Jesus now. 	Love Your Enemies Matthew 5:44–45; Martha and Mary Luke 10:38–42	823, 228, 825, 946–948	Leading to Knowledge of the Faith, Forming for Life in Christ	Saint, angel, holy	St. Dominic	Call to Community, Rights and Responsibilities
	CHAPTER 13	Disciples Serve	 Jesus washed his disciples' feet to show us how to serve and love one another. Jesus asks us to have a kind, giving heart when we serve and help others. A disciple is a follower of Jesus who believes in him and lives by his teachings. Serving others is a way to serve God. 	The Greatest Among You Matthew 23:11–12; The Washing of the Disciples' Feet John 13:2–17	1337, 1823, 618, 1816	Forming for Life in Christ, Introduction to Community Life	serve, disciple	Bl. Solanus Casey	Option for the Poor, The Dignity of Work
MORALITY U	CHAPTER 14	Making Choices	 The Ten Commandments are God's laws that tell people how to love him and others. Free will is being able to choose whether to obey God or disobey God. God created us with free will because he wants us to make good choices. All choices have consequences, or results, that can show love and respect or hurt others. 	Do This and You Will Live Luke 10:25–28; God's Commandments Deuteronomy 10:12–13	2067, 1731, 1743, 1739	Leading to Knowledge of the Faith, Forming for Life in Christ	Ten Commandments, obey, free will	St. Frances Cabrini	Call to Community, Rights and Responsibilities
2	CHAPTER 15	Showing Sorrow	 Sin is the choice to disobey God on purpose and do what you know is wrong. It is not an accident or a mistake. The consequences of sin are hurting your friendship with God and others. God wants us to be close to him and will always forgive us when we say we are sorry. Jesus wants us to be sorry for our sins and turn to God our forgiving Father. 	Seventy-Seven Times Matthew 18:21–22; The Forgiving Father Luke 15:11–32	1850, 1849, 1431–1432, 1427	Leading to Knowledge of the Faith, Forming for Life in Christ	sin	St. Dismas	Rights and Responsibilities, Option for the Poor
6	CHAPTER 16	Jesus the Savior	 Adam and Eve chose to bring sin into the world. Their disobedience is called Original Sin. God did not stop loving people because of their sin. God sent his Son, Jesus, to be our Savior and bring people back to him. Jesus died for all people to save them, giving his life so that people could have new life with God. 	Do Not Be Afraid Matthew 28:5–6; Jesus Lives Luke 23–24	402–404, 410, 457, 613	Leading to Knowledge of the Faith, Forming for Life in Christ	Original Sin, Resurrection	St. Josephine Bakhita	Option for the Poor, Human Solidarity
CRAMENTS	CHAPTER 17	Holy Signs	 The Seven Sacraments are special signs and celebrations that Jesus gave his Church. The Sacraments celebrate that Jesus is still with us, sharing his life and love. Every Sacrament has words and actions we do and things God does that we can't see that bring us life. 	I Am in My Father John 14:20; The Advocate John 14:18–19	1084, 1131, 1123	Leading to Knowledge of the Faith, Initiating into the Celebration of the Mystery	Seven Sacraments	Mary	Human Solidarity, Care for Creation
SAC	CHAPTER 18	We Are Welcomed	 Baptism is the Sacrament that brings new life in God and makes the person a member of the Church. Grace is God's gift of sharing in his life and help. In Baptism, a person is immersed, or has water poured over him or her in the name of the Father, Son, and Holy Spirit. The baptized person is anointed, receives a white garment, and is given the light of Christ. 	Go Into the Whole World Mark 16:15–16; People Everywhere Believe Acts 8:4–12	1213, 1996, 1239, 1241	Leading to Knowledge of the Faith, Initiating into the Celebration of the Mystery	Baptism, grace, godparents	St. Moses the Black	Rights and Responsibilities, Human Solidarity

Scope and Sequence **CE35** CE34 Alive in Christ

Grade 1 Scope and Sequence



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Unit	C	hapter	Lesson Concepts	Sacred Scripture	Catechism of the Catholic Church	Tasks of Catechesis	Catholic Faith Words	People of Faith	Catholic Social Teaching
7 00	_	/e Give hanks	 The Last Supper is the meal Jesus shared with his disciples the night before he died. The Eucharist is the Sacrament in which Jesus shares himself, and the bread and wine become his Body and Blood. The Mass is the gathering of Catholics to worship God and celebrate the Eucharist. In the Mass we hear God's Word, give thanks for his gifts, and receive Jesus in Holy Communion. 	For the Forgiveness of Sins Matthew 26:26–28; The Last Supper 1 Corinthians 11:23–25	610, 1333, 1329–1330, 1346–1347	Leading to Knowledge of the Faith, Initiating into the Celebration of the Mystery	Last Supper, Eucharist, Mass, Holy Communion	Pope Saint John XXIII	Call to Community, Human Solidarity
OM OF G		orever vith God	 Heaven is living and being happy with God forever. God desires for everyone to be happy with him forever. Following Jesus and obeying God's laws are how we live in love now and forever. 	God's Kingdom Is Not Something You Can See Luke 17:20–21; Together Always John 14:1–3	1024, 1045, 1693	Forming for Life in Christ, Teaching Prayer	Heaven	St. Emily de Vialar	Option for the Poor, Human Solidarity
KINGD	<u> </u>	iod's ingdom	 We pray for the coming of God's Kingdom, working together with God as he builds his Kingdom. By being forgiving, treating others with respect, and helping those who are hungry and in need, Jesus showed us how to work for the Kingdom. When we are kind, share, play fair, and include others, we are spreading peace. 	Do Justice, Love Goodness, and Walk Humbly Micah 6:8; Starting Small Matthew 13:31–32	2818, 2831–2832, 2304	Forming for Life in Christ, Introduction to Community Life	peace	St. Pedro Calungsod	Call to Community, Option for the Poor
THE HUMAN PERSON		our Bodies each Us	 The way our bodies are made helps us know what God wants us to do. Your body is a teacher. Our bodies are made so we can love one another. Jesus used his body to love others. 	The Peace of Christ Colossians 3:15; We Are His Handiwork Ephesians 2:10	456–463, 2093	Forming for Life in Christ, Introduction to Community Life		Ven. Antonietta Meo	Life and Dignity, Call to Community

Scope and Sequence **CE37** CE36 Alive in Christ

Lesson Plan, Grade 1 - Chapter 1

September 13 2025

Preparation

• Catechist Background

Preparation

Catechist Background

Doctrinal Content

- The Bible is God's Word written by humans. We learn about God from the Bible. (CCC, 105--106)
- God made humans to be his friends, to know and love him. (CCC, 355)
- God made everything. All of his creation is good. (CCC, 299)

Catechist Background

"You formed my inmost being; you knit me in my mother's womb. I praise you, because I am wonderfully made; wonderful are your works!"—Psalm 139:13-14

Reflect How did God make every person so unique?

You have had an argument with a friend or spouse; your kids are yelling at one another. When you have one of those days, you may sometimes forget God's infinite love for you. Your path through life can become cluttered with distractions and overshadowed by feelings of resentment, guilt, and loneliness. It can be a difficult task to stay on the path at all.

Focus on the thought that, as a human being, you are created in the image of God. You possess the dignity of a being that mirrors something of God's splendor and his goodness. Remember, too, that no matter what your faults, no matter how difficult your life may be, God's love for you, his child, created in his image, can never fail.

Gazing upon a newborn baby for the first time, a parent falls in love—each tiny feature is an image of himself or herself. With this love comes a parent's great desire to shower this child with tokens of love. A parent wants to give this tiny infant everything needed for survival. So it is with God, the Father of us all. When we were lost, he held out his hand to us, sending us the savior to show us the way home.

Reflect How do you see God's love working in your life right now?

Catechist's Prayer

God our Creator, I praise you! Thank you for calling me to share my faith with these children. May they know you in the kindness and care I show them. Amen.

Lesson Plan

Objectives	Process	Materials
Invite, 10 minutes		
Created By God Page 47	 ✓ Psalm 13⋈:1-3 Pray the opening prayer. ✓ Psalm 13⋈:13-15 Reflect prayerfully on the Word. Discuss What Do You Wonder questions. 	Optional Activity Chapter Poem: "Who Made Everyone?"
Discover, 35 minutes		
God's Creation Pages 48–49	Catholic Faith Words Bible, creation	☐ pencils
 Identify the Bible as God's Word written by humans Appreciate that God made everything and all of creation is good God Loves You Pages 50–51 Understand that God made humans to be his friends, to know him and love him 	 Explain that the Bible has stories about God's love for us. Genesis 2:7-22 Proclaim, "The Garden of Eden." Recall that God made everything good. Draw self into creation illustration. Share Your Faith Activity ∑ame favorite thing in God's creation. Explain that we cannot see God but we can know about him from creation and from the Bible. Circle two favorite things in the picture that God made. Explain that God created a wonderful world with lots of good things. Connect Your Faith Activity Trace the word. 	 index cards crayons or markers Optional Activity Wonderful Me⊠ Activity Master 1 (Page 47E) pencils crayons or markers Optional Activity Sounds of Creation
Line 15 minutes		
Our Catholic Life Pages 52–53	 Explain creation as many gifts from God. 	□ pencils □ crayons or markers
Prayer of Praise Page 54	Teach ASL for □□ □□ □□ □□ □□ □□ □□ □□ □□ □□ □□ □□ □□	Download "God Is a Part of My Life."
Family + Faith Page 55	Chapter Review Page 56 e provides chapter aliveinchrist.osv.com	

Point out that the Catholic Families page provides chapter highlights, information on how first graders understand faith concepts, and family prayer.

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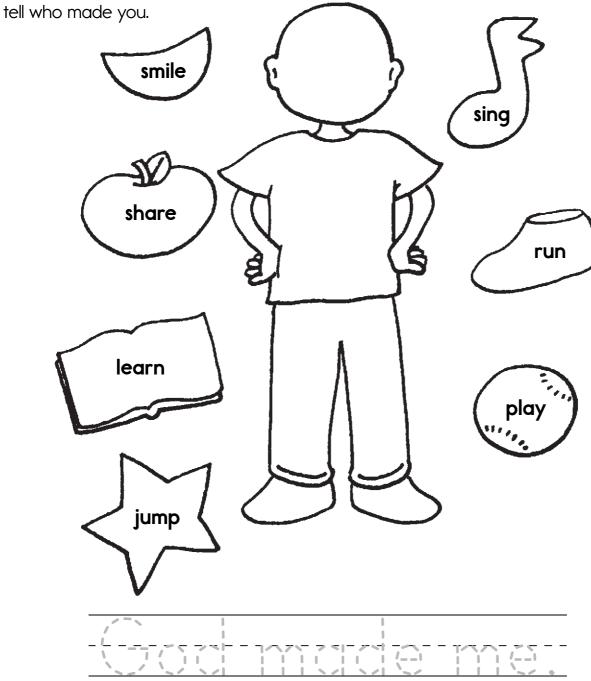
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Wonderful Me!

Make the drawing look like you.

Color the things that tell what you can do.

At the bottom of the page,



Lesson Plan, Grade 1 - Chapter 2

September 13 2025

Preparation

• Catechist Background

Preparation

Catechist Background

Doctrinal Content

- God created the world to show his love. (CCC, 293-294)
- All of creation is God's gift to us, and his Son, Jesus is his greatest gift. (CCC, 299, 312)
- People use God's gifts in the world to make things we need. (CCC, 2402)
- Thanksgiving is showing God we are grateful for all that he's given us. (CCC, 2637)

Catechist Background

"God made every kind of wild animal, every kind of tame animal, and every kind of thing that crawls on the ground. God saw that it was good."—Genesis 1:25

Reflect How did God create such a diverse universe?

Genesis actually begins with two creation accounts. The first creation account (Genesis 1:1-2:4) represents the creation of humanity as the climax of all God's works. According to the second creation account, the first human was created before all the plants and animals, which God subsequently produced for his sustenance, comfort, and delight (Genesis 2:4-25). Common to both stories is the idea that all the other wonders of creation are gifts from God to humanity, gifts that humans have a responsibility to cherish.

Belief in the goodness of creation was one of the most important convictions that the people of ancient Israel bequeathed to the Catholic Church. The Church has defended this doctrine against false teachers who claimed that the physical world was intrinsically evil. Gratitude for creation is a central theme of all Christian prayer. The Seven Sacraments that Christ instituted in his Church employ the good things of Earth—water, wine, oil, and grain—to bring about human salvation.

When you are working or taking care of children, you may easily overlook the glories of creation. Yet God bestows new gifts on us every day.

Reflect Where have you seen the Creator's glory today?

Catechist's Prayer

God our Father and Creator, the world abounds with your wonders. I thank you for the colors, aromas, textures, and tastes that enrich my life. Amen.

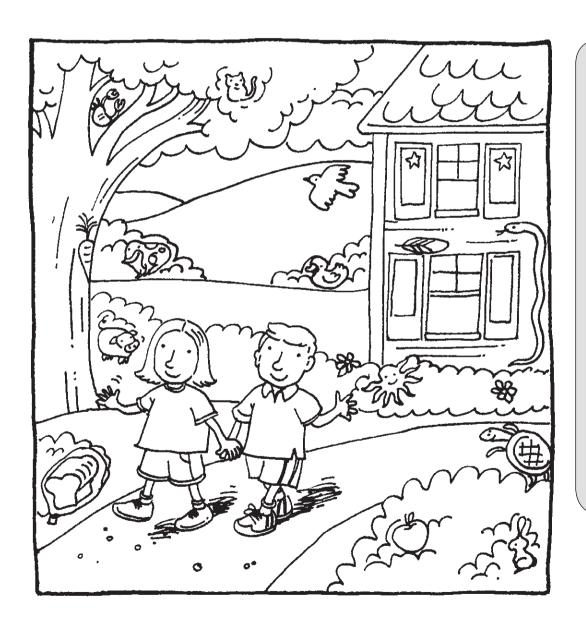
Lesson Plan

Objectives	Process	Materials
Invite, 10 minutes		
God's Gifts for ⊠s Page 57	 Psalm ⋈:2 Pray the opening prayer. Genesis 1:11–31 Reflect prayerfully on the Word. Discuss What Do You Wonder questions. 	© Optional Activity Chapter Poem: "Spring Is ⊠ere"
Discover, 35 minutes		
 Gifts from God Pages 58–59 Discover that God created the world to show his love Appreciate that all of creation is God's gift to us, and his Son, Jesus, is his greatest gift Made to ⋈ elp ⋈ s Pages 60–61	 Catholic Faith Words Jesus, praise Explain that God gives people the world. Genesis 1:6-25 Proclaim "The Story of Creation." Recall that the world is God's gift and everything in it is good. Share Your Faith Activity △ame God's gifts to bring next time. Catholic Faith Words thanksgiving 	□ pencils □ index cards □ crayons or markers □ pencils □ index cards
 Describe ways that people use God's gifts in the world to make things we need Understand that thanksgiving is showing God we are grateful for all that he's given us 	 Explain that God gave us everything we need to be happy. Write how God's gift of people helps the world. Explain how to show God we are grateful for all he's given us. Connect Your Faith Activity Solve a message for God. 	☐ crayons or markers • Optional Activity Gifts from God ☐ Activity Master 2 (Page 57E)
Live, 15 minutes		
Our Catholic Life Pages 62–63	 Explain that God gave people gifts to use. People of Faith Learn about Saint \(\text{\text{\text{icholas}}} \). Live Your Faith Activity Identify where to say thank you to God this week. 	☐ pencils ☐ crayons or markers
Prayer of Thanksgiving Page 64	 Teach ASL for thank you. Rehearse "And It Was Good." Follow the order of prayer. 	Download "And It Was Good."
Family + Faith Page 65 Point out that the Catholic Families page highlights, information on how first grade faith concepts, and family prayer.		essments

Name	Date	

Gifts from God

God gives us a world full of gifts. Circle the hidden food and animals that are gifts from God.



Word Bank

feather

duck

loaf of bread

cat

snake

rabbit

crab

bird

apple

frog

octopus

cow

carrot

turtle

flower

Lesson Plan, Grade 1 - Chapter 3

September 13 2025

Preparation

• Catechist Background

Preparation

Catechist Background

Doctrinal Content

- The image of God is the likeness of God that is in all human beings because we are created by him. (CCC, 357)
- Humans are the most special part of creation. God gave us the ability to think and make choices. (CCC, 356)
- God gave Adam and Eve the responsibility to be caretakers of his creation. (CCC, 373)
- Each of us is responsible for treating al of creation with care and respect. (CCC, 2415)

Catechist Background

"Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all living things that crawl on the earth'"—Genesis 1:28

Reflect How do you care for God's creation?

In the first creation account in the Book of Genesis, God created every living thing and then entrusted all to the care of humans. Only after he had given care of the Earth over to the man and the woman was he able to rest "from all the work he had done in creation" (Genesis 2:3). God gives humans the responsibility and stewardship of his creation.

Called to share in God's power, humans have the ability and responsibility to care for other creatures. Yet, many continue to turn their backs on this responsibility. The repercussions on the rest of creation have been tremendous. The Earth is suffering in many ways today because of human callousness.

As a steward of creation it is important that you take the time to enjoy creation and pass on to future generations this respect for what God has given you. Lead by example. Teach respect by taking time to praise God for the food on the table. Be respectful of the neighbors' garden and lawn. Pick up the paper that litters sidewalks and streets. Take a long walk or hike on a Sunday afternoon. Praise God for flowers, trees, and plants. Show love for him by loving the Earth. Take care of creation as Jesus himself would do.

Reflect As a steward of God's creation, what can you do to fulfill your responsibility right now?

Catechist's Prayer

Help me care for the world, O Lord. May I work to repair the damage already done and work to protect

that which can be saved. Help me teach the children to be caretakers of your creation. Amen.	

Lesson Plan

Objectives	Process	Materials
	FIOCESS	Materials
Invite, 10 minutes		
Made to Care Page 67	 Psalm 150:6 Pray the opening prayer. Genesis 1:27–31 Reflect prayerfully on the Word. Discuss What Do You Wonder questions. 	Optional Activity Chapter Story: "Sam's Fish"
Discover, 35 minutes		
In God's Image Pages 68–69	Catholic Faith Words image of God	□ pencils
Define image of God as the likeness	Explain that people were made to be like God.	☐ index cards
of God that is in all humans because we are all created by him	Explain that people are the most special part of creation.	☐ crayons or markers • Optional Activity
 Recognize that with the ability to think and make choices, humans are the most special part of creation 	 Underline two gifts that are inside each person. Share Your Faith Activity Draw signs of God's love. 	Play "What Is It?"
God's Command Pages 70–71	• Explain that God tells humans how to show him	□ pencils
Understand that God gave Adam and Eve the responsibility to be caretakers of his creation	love and thanks for creation. Genesis 1:26–30 Proclaim "Take Care of What I've Given You."	• Optional Activity Be a Caretaker
 Appreciate that each of us is responsible for treating all of creation with care and respect 	 Circle what God asked Adam and Eve to do. Explain that caring for living things shows love for God. 	☐ Activity Master 3 (Page 67E)
	 Connect Your Faith Activity Complete the sentences. 	
Live, 15 minutes		
Our Catholic Life Pages 72–73	 Explain that God wants people to take care of themselves. 	\square pencils
	 People of Faith Learn about Saint Albert the Great. 	
	 Live Your Faith Activity Students will name one way to take care of themselves. 	
Prayer of Praise and Thanks Page 74	Assign lines to small groups.	Download "All Thing
	Rehearse "All Things Bright and Beautiful."Follow the order of prayer.	Bright and Beautiful

Family + Faith Page 75

Point out that the Catholic Families page provides chapter highlights, information on how first graders understand faith concepts, and family prayer.

Chapter Review Page 76

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Grade 1 Prayers

Our Lady of Lourdes Roman Catholic Church; Erath, Louisiana (Revised October 2013)

Parents, please help your child **memorize** these prayers as soon as possible. During our Summer Religion Program (and, on occasion, during the school year), our Prayer Partners will be available to listen to your child recite these prayer from memory. **NOTES:** The prayers marked with an **(M)** should be recited every morning. The prayers marked with an **(N)** should be recited every night to help us reflect on the sins we've committed during the day.

The Sign of the Cross (M,N)

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

The Lord's Prayer (M)

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 (M)

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.

Glory Be (M)

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.

Angel of God (M)

Angel of God, my guardian dear, to whom God's love entrusts me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.