

# **Prayers and Theology for Grade 10**

**Our Lady of Lourdes Roman Catholic Church**  
Erath, Louisiana

## **The Cardinal Virtues**

Prudence, Fortitude, Justice, Temperance

## **The Seven Capital Sins**

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

## **The Last Things**

Death, Judgment, Heaven, Hell

## **The Beatitudes**

Blessed are the poor in spirit, for theirs is  
the Kingdom of Heaven.

Blessed are the meek, for they shall possess  
the land.

Blessed are those who mourn, for they shall  
be comforted.

Blessed are those who hunger and thirst for  
justice, for they shall be satisfied.

Blessed are the merciful, for they shall  
obtain mercy.

Blessed are the pure of heart, for they shall  
see God.

Blessed are the peacemakers, for they shall  
be called the children of God.

Blessed are those who suffer persecution  
for justice's sake, for theirs is the  
Kingdom of Heaven.

*Matthew 5:3-10*

## **Spiritual Works of Mercy**

Instruct the ignorant

Counsel the doubtful

Admonish the sinner

Comfort the sorrowful

Forgive injuries

Bear wrongs patiently

Pray for the living and dead

## **Corporal Works of Mercy**

Feed the hungry

Give drink to the thirsty

Clothes the naked

Shelter the homeless

Visit the sick

Visit the imprisoned

Bury the dead

**Our pastor also encourages us  
to pray/review our “First Communion prayers” on a daily basis.**

*(See attached pages.)*

# Recite These Prayers Every Day!

*(Revised by Father Melancon in June 2014 to include "M" and "N")*

**NOTE 1:** The prayers marked with an **asterisk (\*)** are useful when we prepare to go to Confession.

**NOTE 2:** Although these prayers were learned in Grades 1-2, they should be recited every day! The prayers marked with an **(M)** should be recited every morning, while the prayers marked with an **(N)** should be recited every night to help us remember (and reflect upon) on the sins we committed during the day. We should also make plans to go back to Confession soon!

## **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,N)**

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.

## **The Ten Commandments\*(review often)**

1. I am the Lord, your God. You shall not have any other gods before me.
2. You shall not take the Name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath 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.

**(This Grade 10 Prayer Sheet continues on page 3.)**

## Act of Contrition\*(N)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy Grace, to sin no more and to avoid the near occasion of sin. Amen.

## Brief Examination of Conscience\*(N)

What sins have I committed of thought, word, deed, or omission, against Almighty God, neighbor, and self?

## The Apostle's Creed (recite often)

**NOTE:** All Christians of "reasonable age" should know and be able to recite/explain what we believe. The Apostle's Creed specifically states the twelve (12) most basic articles in the fundamental doctrine of Christianity. It is also recited in the Rosary.

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, and on the third day, He arose 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.

## Prayer before Meals (daily)

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

## Our "Conversation" with the Priest (and with God) in the Confessional

Bless me, Father, for I have sinned. **This is my first Confession.** I have *(tell your sins to the priest)*. For these and any other sins I may have forgotten, I am truly sorry.

**NOTE:** Upon our return to the Confessional, we can no longer say "**This is my first Confession.**" Instead, we say, "It has been \_\_\_\_ weeks (or months or years) since my last Confession."