

Grade 8 Prayers

Our Lady of Lourdes Roman Catholic Church

Erath, Louisiana

“Why Should I Go to Holy Mass Every Day?”

“The Holy Mass is the most perfect form of prayer!” -- *Pope Paul VI*

For each Holy Mass we attend with devotion, Our Lord sends a Saint to comfort us at death. -- *Revelation of Christ to Saint Gertrude the Great*

“The world could exist more easily without the sun than without the Holy Mass.” -- *Saint Pio, the Stigmatic Priest*

“If we knew the value of the Holy Mass, we would die of joy.” -- *The Curé d’Ars, Saint Jean Vianney*

Once, Saint Teresa was overwhelmed with God’s goodness and asked Our Lord, “How can I thank you?” Our Lord replied, “Attend one Holy Mass.”

Prayer before Holy Mass

Eternal Father, we humbly offer Thee our poor presence and that of the whole of mankind from the beginning to the end of the world at all the Holy Masses that ever have or ever will be offered. We offer Thee all the pains, sufferings, prayers, sacrifices, and joys of our lives, in union with those of our dear Lord Jesus here on earth. May the

Most Precious Blood of Jesus Christ, all His Blood and wounds and agony, save us through the Sorrowful and Immaculate Heart of Mary. Amen.

Prayer after Receiving Holy Communion

O Jesus, I believe that Thou art truly present in the Most Blessed Sacrament. Although my eyes and tongue tell me that I have received only bread, yet my faith tells me that I have received Thy Body and Blood. I believe, Lord; help Thou my unbelief. I adore Thee as my God and my Savior. Amen.

Prayer after Holy Mass

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O Good Jesus, hear me. Within Thy Wounds hide me. Suffer me not to be separated from Thee. From the malignant enemy, defend me. In the hour of death call me, and bid me come to Thee, that with Thy Saints I may praise Thee forever and ever. Amen.

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

(See attached pages.)

Recite These Prayers Every Day!

Our Lady of Lourdes Roman Catholic Church (Erath, Louisiana) *(Revised June 2014)*

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*

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.

**("First Communion" Prayers
Continue on next page)**

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."