

# Prayers and Practices Kindergarten

## Sign of the Cross

+

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

## Guardian Angel Prayer



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

## Blessing with Holy Water



(with our right hand we sign & say)  
In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen

# Prayers and Practices Grade 1

## Our Father

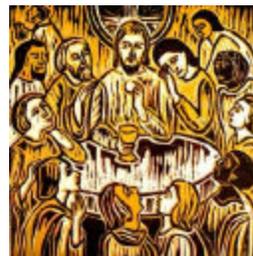


Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done on earth  
as it is in heaven.  
Give us this day our daily  
bread;  
and forgive us our trespasses  
as we forgive those who  
trespass against us;  
and lead us not into temptation  
but deliver us from evil.  
Amen

✓ **Begin verbal Mass  
responses**

✓ **Genuflection &  
Ritual**

## Grace before Meals



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

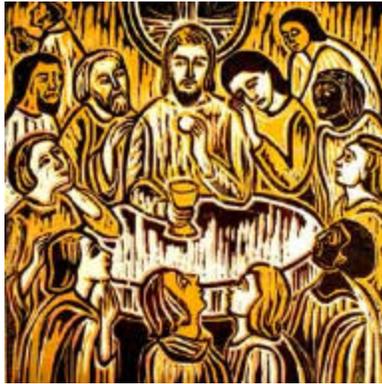
## Glory be to the Father



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

Prayers and Practices  
Grade 2

✓ **Ritual & verbal  
Mass responses**



**ie...**  
**(priest)**  
**The Lord be with you.**

**(people)**  
**And also with you.**

**Simple 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. Amen

# Prayers and Practices

## Grade 3

### 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, 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, sits at  
the right hand of God, the Father  
almighty.  
from there He shall come to judge  
the living and 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.

### Simple litany responses

**ie...**

Holy Mary, Mother of God....

Pray for us

## Prayers and Practices Grade 3

### The Rosary



A rosary is made up of groups of beads arranged in a circle. It begins with a cross followed by one large bead and three small ones.

The next large bead (just before the medal) begins the first “decade”.

Each bead is followed by ten smaller beads.

Begin the rosary with the Sign of the Cross.

Recite the Apostles Creed.

Then pray one Our Father, three Hail Marys, and one Glory be to the Father.

To pray each decade, say an Our Father on the large bead and a Hail Mary on each of the ten smaller beads.

Close each decade by praying the Glory be to the Father.

Pray the Hail, Holy Queen as the last prayer of the rosary.

The Mysteries of the Rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate mystery.

### The Mysteries of the Rosary



#### The Joyful Mysteries

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

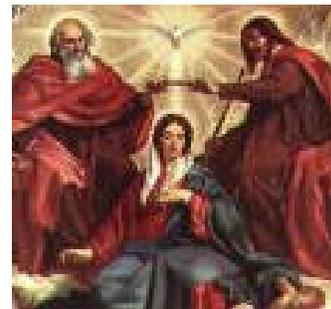
## The Sorrowful Mysteries

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



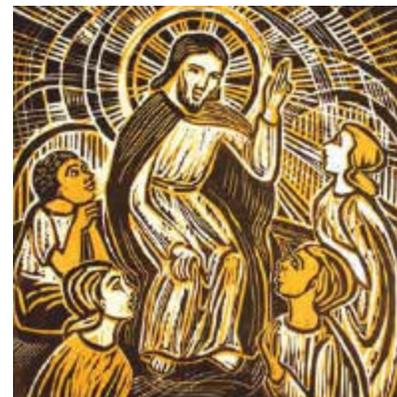
## The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven



## The Mysteries of Light

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding at Cana
3. Jesus Announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist



# Prayers and Practices

## Grade 4

### The Rosary

Continue learning and praying



### The Stations of the Cross

From the earliest days of the Church, Christians remembered Jesus' life and death by visiting and praying at the places where Jesus lived, suffered, died, and rose from the dead.

As the Church spread to other countries, not everyone could travel to the Holy Land. So local churches began inviting people to "follow in the footsteps of Jesus" without leaving home. "Stations", or places to stop and pray, were made so that stay-at-home pilgrims could "walk the way of the cross" in their own parish

churches. We do the same today, especially during Lent.

There are fourteen "stations" or stops. At each one, we pause and think about what is happening at the station.

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls the first time
4. Jesus meets his mother
5. Simon helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets 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 laid in the tomb



# Prayers and Practices Grade 4

## Morning Offering

**O Jesus, through the Immaculate Heart of Mary, I offer my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intention of Your Sacred Heart;  
the salvation of souls, reparation of sins, the reunion of all Christians. I offer them for the intentions of our Bishops and all Apostles in Prayer, and in particular for those recommended by our Holy Father this month. Amen**



## Morning Offering

**God, our Father,  
I offer you today  
all that I think and do and  
say.  
I offer it with what was  
done on earth by Jesus  
Christ,  
Your Son.  
Amen**



## Prayers and Practices Grade 5

Prayer of St. Francis  
Patron of the  
Archdiocese of San Francisco



**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,  
It is in dying that we are  
born to eternal life.  
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**



## Prayers and Practices Grade 5



### Ritual and Process for each Sacrament

Sacraments of Christian Initiation	Sacrament	Signs we see	Signs we hear	Why we celebrate
	<b>Baptism</b>	<b>Pouring of water</b>	<b>I baptize you</b>	<b>Jesus shares God's life of grace with a person</b>
	<b>Confirmation</b>	<b>Bishop anointing</b>	<b>Be sealed with the Gift of the Holy Spirit</b>	<b>Jesus sends the Holy Spirit to strengthen those confirmed</b>
	<b>Eucharist</b>	<b>Bread and wine</b>	<b>This is my Body. This is my Blood</b>	<b>Jesus shares his Body and Blood with us</b>
Sacraments of Healing	<b>Penance and Reconciliation</b>	<b>Priest makes the sign of the cross</b>	<b>I absolve you from your sins</b>	<b>Jesus forgives those who are sorry</b>
	<b>Anointing of the Sick</b>	<b>Priest anoints the sick person</b>	<b>Through this holy anointing...may the Lord save you and raise you up</b>	<b>Jesus comforts and strengthens those who are sick</b>
Sacraments at the Service of the Community	<b>Matrimony</b>	<b>Joining hands</b>	<b>I take you to be my wife (husband)</b>	<b>Jesus blesses the love a man and a woman</b>
	<b>Holy Orders</b>	<b>Bishop lays his hands on the head of person being ordained</b>	<b>A special prayer of consecration</b>	<b>Jesus sends us bishops, priests, and deacons to help us carry out His mission on earth.</b>

# Prayers and Practices Grade 6

## Ritual and prayers for each Sacrament

### Sacraments of Initiation

**Baptism**  
**Confirmation**  
**Eucharist**



### Sacraments of Healing

**Penance and Reconciliation**  
**Anointing of the Sick**



### Sacraments at the Service of the Community

**Matrimony**  
**Holy Orders**



## Prayers and Practices Grades 7 & 8



### **The Nicene Creed**

**We believe in one God, the  
Father, the Almighty  
maker of heaven and earth, and  
of all that is seen and unseen.**

**We believe in one Lord, Jesus  
Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
one in being with the Father.**

**Though Him all things were made.  
For us men and for our salvation,  
He came down from Heaven;  
by the power of the Holy Spirit.  
He was born of the Virgin Mary,  
and became man.**

**For our sake He was crucified  
under Pontius Pilate;  
He suffered, died, and was  
buried.**

**On the third day He rose again in  
fulfillment of the Scriptures;**

**He ascended into heaven and is  
seated at the right hand of the  
Father.**

**We believe in the Holy Spirit, the  
Lord, the giver of life,  
Who proceeds from the Father  
and Son.**

**With the Father and Son he is  
worshipped and glorified.  
He has spoken through the  
Prophets.**

**We believe in one holy catholic  
and apostolic Church.**

**We acknowledge one baptism for  
the forgiveness of sins.**

**We look for the resurrection of  
the dead,  
and life of the world to come.  
Amen.**