

GRADE LEVEL PRAYERS

The section contains the text for prayers to be known by heart and those we pray together at Mass. The prayers are listed alphabetically. Grade level assignments of prayers is found in each of the Grade Level Standards sections, at the end of Task IV – Learning to Pray.



ARCHDIOCESE OF SEATTLE

August 1, 2014

Prayers to Learn by Heart • Prayers at Mass

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, 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.

ACT OF CONTRITION (from the Rite of Penance)

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 died for us. In his name, my God, have mercy.

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 are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

ACT OF HOPE

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

ACT OF LOVE

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

ANGELUS

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word. Hail Mary...

V. And the Word was made flesh.

R. And dwelt among us. Hail Mary...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

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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,
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.

DIVINE PRAISES

Blessed be God.
Blessed be his holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy Sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

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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.

GLORIOUS MYSTERIES

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption of Mary
5. The Coronation of Mary as Queen of Heaven and Earth

GLORY BE (DOXOLOGY)

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.

GRACE AFTER MEALS

We give thee thanks, for all thy benefits, Almighty God, who lives and reigns forever. [And may the souls of the faithful departed, through the mercy of God, rest in peace.] Amen.

GRACE BEFORE MEALS

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

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HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope.

To thee do we cry, 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 towards us,
and after this exile show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

HAIL MARY

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.

JOYFUL MYSTERIES

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the Child Jesus After Three Days in the Temple

LITURGY OF THE HOURS

Morning Prayer

Lord, open my lips,

- And my mouth will proclaim your praise.

Invitatory Psalm

Glory to the Father, and to the Son, and to the Holy Spirit:

- As it was in the beginning, is now, and will be forever. Amen. Alleluia.

Psalmody

Reading

Responsory

Canticle of Zachariah

Intercessions

Concluding Prayer

Conclusion:

May the Lord bless us, protect us from all evil and bring us to everlasting life.

- Amen.

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LUMINOUS MYSTERIES

1. The Baptism of Jesus
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom and the call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

MORNING Prayer

Dear God, as I begin this day, keep me in your love and care. Help me to live as your child today. Bless me, my family, and my friends in all we do. Keep us all close to you. 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,

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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.

OUR FATHER (Lord's Prayer)

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.

PRAYER FOR PEACE (St. Francis of Assisi)

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; and where there is sadness, joy. 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.

PRAYER FOR THE FAITHFUL DEPARTED

V. Eternal rest grant unto him/her, O Lord.

R. And let perpetual light shine upon him/her.

V. May he/she rest in peace.

R. Amen.

V. May his/her soul and the souls of all the faithful departed, through the mercy of God, rest in peace.

R. Amen.

PRAYER TO ONE'S GUARDIAN ANGEL

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.

SIGN OF THE CROSS

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

PRAYER TO THE HOLY SPIRIT

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you shall renew the face of the earth.

Let us pray:

O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, our Lord. Amen.

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SORROWFUL MYSTERIES

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowing with Thorns
4. The Carrying of the Cross
5. The Crucifixion

VOCATION PRAYER

God, I know you will call me for special work in my life. Help me follow Jesus each day and be ready to answer your call.