

# *Our Family*



*Daily Prayers*

# GRADE 8

## THE SPIRITUAL WORKS OF MERCY

Admonish the sinner, Instruct the ignorant, Counsel the doubtful  
Comfort the sorrowful, Bear wrongs patiently, Forgive all injuries and  
Pray for the living and the dead

## THE CORPORAL WORKS OF MERCY

Feed the hungry, Give drink to the thirsty, Clothe the naked, Visit the imprisoned, Shelter  
the homeless, Visit the sick, and Bury the dead

## THE 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,  
*(At the words that follow, up to and including **and became man**, all bow.)*  
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,  
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

# GRADE 1

## SIGN OF THE CROSS

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

## 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.

## GLORY BE

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 BEFORE MEALS:

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

## GRADE 2

### THE ACT OF CONTRITION

My God, I am heartily sorry for having offended You.  
I detest all my sins because of your just punishments,  
But most of all because they offend You, my God,  
Who are all good and deserving of all my love.  
I firmly resolve, with the help of your grace, to sin no more,  
and to avoid the near occasion of sin.

### GUARDIAN ANGEL PRAYER

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.

### PRAYER AT ELEVATION OF THE BODY

My Lord and my God!

### PRAYER AT THE ELEVATION OF THE BLOOD

My Jesus, Mercy.

### AN ACT OF OFFERING (before Holy Communion)

My Dear Jesus, with this Holy Communion, I offer you today,  
my thoughts, my words, and all that I do. May your grace help  
me to be always ready to receive you.

### AN ACT OF THANKSGIVING(after Holy Communion)

My dear Jesus, I thank you for giving yourself to me. This is you  
yourself, not just bread. May this Holy Communion bring me  
closer to you, my lord and my God.

## GRADE 7

### DEFINITION OF A SACRAMENT

A Sacrament is an outward sign, instituted by Christ, to give grace.

**THE 7 SACRAMENTS:** The 7 Sacraments are Baptism, Penance,  
Holy Eucharist, Confirmation, Matrimony, Holy Orders, the  
Anointing of the Sick

### THE 7 GIFTS OF THE HOLY SPIRIT

Wisdom, understanding, counsel, fortitude, knowledge,  
piety, and fear of God.

### THE 12 FRUITS OF THE HOLY SPIRIT

Charity, joy, peace, patience, kindness, goodness,  
long-suffering, humility or gentleness, fidelity or  
faithfulness, modesty, continence or self-control and  
chastity.

### St Augustine's Prayer to the Holy Spirit

**Breathe in me O Holy Spirit, that my thoughts may  
all be holy. Act in me, O Holy Spirit, that my work,  
too, may be holy. Draw my heart, O Holy Spirit, that  
I love but what is holy. Strengthen me, O Holy  
Spirit, to defend all that is holy. Guard me, then, O  
Holy Spirit, that I always may be holy. Amen**

## GRADE 6

### PRAYER TO ST. MICHAEL THE ARCHANGEL

St. Michael, the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray, and do thou, O prince of the heavenly hosts,

by the power of God, thrust into hell Satan and all the other evil spirits

who prowl about the world seeking the ruin of souls.

Amen.

### THE 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 with 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

## GRADE 3

### ACT OF FAITH

O my God, I firmly believe that thou art one God in three Divine Persons:

Father, Son, and Holy Spirit.

I believe that thy 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 that the Holy Catholic Church teaches,

because thou hast revealed them, who can neither deceive nor be deceived. Amen.

### ACT OF LOVE

O my God, I love thee above all things, with my whole heart and soul,

because thou art all good and worthy of all my love.

I love my neighbor as myself for the love of thee. I forgive all who have injured me and ask pardon of all whom I have injured. Amen

## GRADE 4

### THE MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer Thee 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 intentions of Thy Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our Bishops and of all the Apostles of Prayer, and in particular for those recommended by our Holy Father for this month. Amen.

## **THE TEN COMMANDMENTS**

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's 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.

## **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, O most gracious Advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God. That we may be made worthy of the promises of Christ. Amen.

## **GRADE 5**

## **THE 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

**“The family that prays together stays together.”**

Venerable Father Patrick Peyton

- Each year prayers should be memorized and prayed for the current grade

- The best way to memorize is to recite prayers every night consistently
- Prayers are cumulative - i.e prayers from previous grades should continue to be prayed along with current year prayers
- If you want to learn the prayers faster, please by all means do so
- I do not recommend leaving children, even older children, to pray alone. They need their parent's witness to demonstrate how crucial daily prayer is. Family prayer time should be led by a parent/guardian, preferably the Father each night consistently.