

PRAYERS

The Sign of the Cross Matthew 28:19

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

CCC p. 62, #233; Compendium, p. 181

Simple Prayers

Jesus, I love You.

Thank You, God.

God how great You are.

CCC #2637-2639

Our Father Matthew 6:9-13

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.

CCC #2759, 2761, 2777-2865; Compendium, # 578-598

Hail Mary Luke 1:28, 42

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.

CCC #2676-2677; Compendium, p. 181

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.

CCC #2628; Compendium, p. 181

Prayer Before Meals John 6:11

Acts 27:35 (The Lord prayed at meals)

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

CCC #2698

Prayer After Meals

We give You thanks, almighty God, for all Your goodness. You live and reign now and forever.

Amen

CCC #2698

Acts of Contrition

O my God, I am heartily sorry for having offended You, and 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. Amen.

CCC #1451; Compendium, p. 191

Apostles Creed

I believe in God the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, His only Son, our Lord, He was conceived by the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into hell. On the third day He rose again. He ascended into heaven and is seated at the right hand of the Father. From there He will come again 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.

CCC# 194 p. 49 & 50

A Morning Prayer

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.
CCC #2698

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, *All bow for the 2 next lines through and became man.* 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.

CCC pp. 49 & 50

The Rosary

The Rosary is a meditative prayer. It consists of a series of beads on which we pray traditional prayers such as the Creed, Our Father, Hail Mary and Glory Be while we think about special events in the life of Jesus and Mary.

Begin praying the rosary with the cross. Pray the Sign of the Cross and the Apostle's Creed. On the first bead pray one Our Father, on the next three beads a Hail Mary each and on the following bead one Glory Be to the Father.

Begin the first decade with the medal, say one Our Father and then ten Hail Marys on the row of beads following it. After the decade pray one Glory Be to the Father. Continue the remaining decades with an Our Father on each single bead and ten Hail Marys on each row of beads. Conclude each decade with a Glory Be to the Father.

As you pray each decade, think of one of the Joyful, Luminous, Sorrowful, or Glorious Mysteries, or a special event in the life of Jesus and Mary.

The Five Joyful Mysteries

(Monday & Saturday)

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 Five Luminous Mysteries

(Thursday)

1. Jesus' Baptism in the Jordan
2. Jesus' Self-manifestation at the Wedding of Cana
3. Jesus' Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of Eucharist

Prayer for the Faithful Departed

Eternal Rest grant unto them, O Lord, and let Perpetual Light shine upon them. May they rest in peace. Amen.

CCC #958; Compendium p. 181

Angel of God

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.

Compendium p. 181

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your Love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth. O God, Who does instruct the hearts of the faithful by the light of the Holy Spirit, grant us by the same Holy Spirit, a love and relish of what is right and just, and a constant enjoyment of His comforts. Through Christ our Lord. Amen.

CCC #2671

Magnificat

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, He has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever. Amen.

CCC #2619; Compendium, p. 184

The Five Sorrowful Mysteries

(Tuesday & Friday)

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

The Five Glorious Mysteries

(Wednesday & Sunday)

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 Crowning of Mary in Heaven

CCC #2708; Compendium, pp. 189-90

Pray the Hail Holy Queen prayer to finish the Rosary

Hail, Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope! To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears! Turn, then, most gracious Advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

CCC #2677; Compendium, p. 183

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.

CCC #2656-2658; Compendium, p. 191

Prayer of St. Francis

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. O Divine Master, grant that I may not seek so much 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. Amen.
CCC #2683, 2684, 2692

Act of Thanksgiving

Lord, Giver of all good gifts, I thank You for Your Infinite kindness to me. I praise You for Your generosity toward me in my every need. Through the intercession of Your Mother and Your Saints, I am grateful for the blessings You continue to give me so that I may live my life in partnership with You. I thank You for nourishing my soul with Your Sacred Body and Blood. I thank You for your forgiveness, your mercy and your providence that continues to guide my life.

I will show my gratitude to You by loving obedience to Your holy commandments, by being faithful to what You have called me to do in this life, by kindness to my neighbor and by an earnest endeavor to become more like You in my daily conduct. May I not lose my enthusiasm in serving You. May my conversations be occasions of charity. May I be patient with myself and those around me, especially in times of disappointment. May I be mindful of others rather than myself, especially in moments of tiredness. May I be generous and faithful so that when this day is over I may feel that life is really meaningful and peaceful for it has been spent in Your loving company. Amen.

Act of Hope

O my 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.
CCC #2656-2658; Compendium, p. 191

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.
CCC #2656-2658; Compendium, p. 191

The Way of the Cross (Stations)

The Way of the Cross commemorates the passion, death, and resurrection of our Lord, Jesus Christ.

1. Jesus is condemned to die.
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 who mourn for Him.
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.

Amen

CCC #2669

Novenas

The evangelist St. Luke recounts that after the Ascension of the Risen Lord, the Apostles, together with Mary, the disciples, and the women from Galilee spent nine days in prayer. They looked forward to a new presence of Jesus through the Spirit. These nine days of prayer and expectation led to the custom of praying for special intentions during a period of nine days. Such a period of prayer is called a novena. Novenas are usually prayed by people for a particular grace, intention, or need.

Novena to the Holy Spirit

Holy Spirit, Divine Spirit of light and love, I consecrate to You my understanding, my heart, my will, my whole being for time and for eternity. May my understanding always be submissive to Your heavenly inspirations and to the teachings of the Holy Catholic Church, of which You are the infallible Guide. May my heart ever be inflamed with love of God and of my neighbor; may my will always conform to the Divine Will, and may my whole life be a faithful imitation of the life and virtues of our Lord and Savior, Jesus Christ, to whom be honor and glory forever. Grant also, O Holy Spirit, Giver of all good gifts, the special favor for which I ask____, if it be for Your honor and glory and for my well-being.
Glory be to the Father...

Novena to the Christ Child

Lord Jesus Christ, as a child You called shepherds and wise men to Your crib by the light of a wonderful star. With a child's embrace You freely gave Your heart and hand to all. I come to You poor as the shepherds, seeking wisdom as the wise men. By Your mighty power and gracious love grant my request____. Teach me to become like a little child and so to enter Your kingdom. Give me a childlike trust in my heavenly Father Who

More Novenas

Novena to the Sacred Heart of Jesus

O Lord Jesus Christ, to Your Most Sacred Heart I confide this intention____. Please look upon me, then do what Your love inspires. Let Your Sacred Heart decide. I trust You. I place myself at Your mercy. Lord Jesus, You will not fail me. Sacred Heart of Jesus, I trust in You. Sacred Heart of Jesus, I believe in Your love for me. Sacred Heart of Jesus, Your kingdom come. Sacred Heart of Jesus, I have asked You for many favors, but I earnestly implore this one. Take it and place it in Your Heart. When the Eternal Father looks upon it, He will see it within Your Precious Wounds. It will no longer be my prayer, but Yours, Jesus.
Sacred Heart of Jesus, I place all my trust in You. Amen.

Christmas Novena (Said beginning on the Feast of St. Andrew, November 30 until Christmas Day) 15X daily

Hail and blessed be the hour and moment in which the Son of God became Man, born of the most pure Virgin Mary at midnight, in Bethlehem, in piercing cold. In that hour, vouchsafe, O my God, to hear my prayer and grant my desires through the merits of our Savior, Jesus Christ, and of His Blessed Mother. Amen.

Novena to Mary Immaculate

O Mary Immaculate, lily of purity, I salute you because from the very first instant of your conception you were filled with grace. I thank and adore the Most Holy Trinity for having imparted such sublime favors upon you. O Mary, full of grace, help me to share, even though just a little, in the fullness of grace so wonderfully bestowed upon you in your Immaculate Conception. With firm confidence in your never ending intercession, I beseech

provides for me at every turn. Take from my heart the memory of wrongs that have been done to me. Renew my spirit with the joy of Your youth. Bless the world You hold tenderly in Your hand. Amen.

Novena to St. Joseph

Glorious St. Joseph, foster-father and protector of Jesus Christ, to you I raise my heart and my hands to implore your powerful intercession. Please obtain for me from the kind Heart of Jesus the help and the graces necessary for my spiritual and temporal welfare. I ask particularly for the grace of a happy death and the special favor I now implore____. Guardian of the Word Incarnate, I feel animated with confidence that your prayers in my behalf will be graciously heard before the throne of God. O glorious St. Joseph, through the love you bear to Jesus Christ, and for the glory of His name, hear my prayers and obtain my petitions. Amen.

Novena to St. Anne

St. Anne, you are the mother of Mary, the Queen of heaven and earth. During your lifetime you gave her a powerful example of love and concern. I honor your memory and beg your assistance during this time of need. Be concerned for me and act as my intercessor. I ask for health of body and soul, a joyful acceptance of God's will for me and in particular _____. Give me and those for whom I pray the strength to carry our crosses in the spirit of Jesus and so to live in His love. Amen. *Good St. Anne, mother of her who is our life, our sweetness, and our hope, pray to her for us and obtain our requests. 3X*

Novena to St. Anthony

St. Anthony, during your lifetime you were always gracious to poor sinners who sought the comfort of your ministry. You had the

you to obtain for me the intention of this novena____, and also that purity of mind, heart, and body necessary to unite me with God.

Amen.

O Mary, conceived without sin, pray for me who has recourse to you. O Mother of God, by your Immaculate Conception, intercede for me with your Divine Son, and obtain for me from Him, the favor for which I pray. Amen.

Novena to St. Michael the Archangel

St. Michael, guardian and defender of the Church, come to our assistance. Guard with special care our Holy Father, our bishops, priests, religious and lay persons, especially the young. St. Michael, watch over us during life, defend us against the assaults of evil, and assist us especially at the hour of death. Help us achieve the happiness of beholding God face to face for all eternity. Intercede for me with God in all my necessities, especially____. Obtain for me a favorable outcome in the matter I recommend to you. Mighty prince of the heavenly host, and victor over rebellious spirits, remember me for I am weak and sinful and so prone to pride and ambition. Be for me, I pray, my powerful aid in temptation and difficulty, and above all do not forsake me in my last struggle with the powers of evil. Amen.

Novena to the Holy Angels

Bless the Lord, all you His angels. You who are mighty in strength and do His will, intercede for me at the throne of God. By your unceasing watchfulness protect me in every danger of soul and body. Obtain for me the grace of final perseverance, so that after this life I may be admitted to your glorious company and with you may sing the praises of God for all eternity. All you holy angels and archangels, thrones and dominations, principalities and powers and virtues in

happiness of holding in your arms our Blessed Lord under the guise of a little child, and at times the power of God enabled you to be an instrument of miraculous events. Be gracious to me and intercede with our Lord for the petition I now make with such ardent desire____. As a pledge of my gratitude accept my promise to live more in harmony with the values of the Gospel and to be more devoted to the service of the poor whom you loved so deeply. Bless this resolution and help me to be faithful. Amen.

Rosary Novena

O Mother of God, accept this Rosary as a sign of my love and devotion to you. I beg you to intercede for me with your Divine Son, and to grant the favor I so earnestly desire. *Here mention your request.* O Blessed Virgin, remember your faithful servant by hearing my prayers and obtaining my petitions.
O Most Holy Queen of the Rosary, pray for me.

Novena to St. Pius X

Glorious pope of the Eucharist, St. Pius X, you sought “to restore all things in Christ.” Obtain for me a true love of Jesus so that I may live only for Him. Help me to acquire a lively fervor and a sincere will to strive for sanctity of life and that I may avail myself of the riches of the Holy Eucharist, which is sacrifice and sacrament. By your love for Mary, mother and queen, inflame my heart with tender devotion to her. Blessed model of the priesthood, obtain for us holy, dedicated priests, and increase vocations to the priesthood and religious life. Dispel confusion, hatred, and anxiety. Incline our hearts to peace so that all nations will place themselves under the reign of Christ. Amen.
St. Pius X, pray for me. (Here mention your request).

heaven, cherubim and seraphim, and especially you, my dear guardian angel, intercede for me and obtain for me the special favor I now ask

_____.
Glory be to the Father...

Novena to One’s Patron Saint

Glorious Saint____, my patron, you served God in humility and confidence on earth. Now you enjoy the beatific vision in heaven. You persevered till death and gained the crown of eternal life. Remember now the dangers, confusion and anguish that surround me and intercede for me in my needs and troubles, especially____. Hear my prayer and place it before Jesus through the intercession of His Blessed Mother. Amen.

Novena to St. Maria Goretti

St. Maria Goretti, strengthened by God’s grace, you did not hesitate, even as a young girl, to sacrifice life itself to defend your virginal purity. Look graciously on those who have strayed far from the path of eternal salvation. Teach us all, and especially our youth, the courage and promptness that will help us avoid anything that could offend Jesus. I especially place this intention _____before you today, and with trust in God’s love and mercy hope for its fulfillment. I ask that I may live a holy life on earth and win eternal glory in heaven. Amen.

Our Father... Hail Mary... Glory be...

Novena to the Holy Souls

O Holy Souls in Purgatory, you are the certain heirs of heaven. You are most dear to Jesus, Redeemer of all, and to Mary, Mother of Mercy. Obtain for me through your intercession the grace to lead a holy life, to die a happy death and to attain to the blessedness of eternity in heaven. Dear suffering souls, who long to be delivered in order to praise and

	<p>glorify God in Heaven, by your unfailing pity, help me in the needs which distress me at this time, particularly____so that I may obtain assistance from God. In gratitude for your intercession, I offer to God in your behalf the satisfactory merits of my prayer and work, my joys and sufferings of this day (week, month, or whatever space of time you wish to designate).</p>
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CONCEPTS

The Ten Commandments

The following or similar language is appropriate for first penance preparation (Grade 2)

1. Love God more than all things.
2. Say God's name with love.
3. Keep Sunday holy.
4. Honor your parents.
5. Take care of all living things.
6. Show respect for yourself and others.
7. Do not steal.
8. Tell the truth.
9. Do not be jealous.
10. Do not be greedy.

Traditional Catechetical Formula (Grades 4-8)

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 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.

Based on Ex. 20:2-17 and Dt. 5:6-21

CCC p. 496 & 497

The Seven Sacraments

Baptism
Confirmation
Eucharist
Penance
Anointing of the Sick
Holy Orders
Matrimony
CCC #1210

The Great Commandments

1. You shall love the Lord your God with your whole heart, with your whole soul and with your whole mind.
2. You shall love your neighbor as yourself.

Matthew 22:37-40; Mark 12:29-31; Luke 10:27

CCC #2055; Compendium, p. 192

The Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

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

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

Blessed are they who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

CCC #1716; Matthew 5:3-10; Compendium, p. 192

Twelve Apostles

Peter James
Andrew Thaddeus
James Thomas
John Matthew
Philip Simon
Bartholomew
Matthias (replaced Judas Iscariot)
CCC #858; Matthew 10:2-4; Acts 1:21-26

The Works of Mercy

Corporal

Feed the hungry.
Give drink to the thirsty.
Shelter the homeless
Clothe the naked.
Visit the sick.
Visit the imprisoned.
Bury the dead.
CCC #2447; Matthew 25:35-40

Spiritual

Instruct the ignorant.
Counsel the doubtful.
Admonish sinners.
Comfort the afflicted.
Forgive offenses.
Bear wrongs patiently.
Pray for the living and the dead.
CCC #2447; Gal 6:1-2; 1 Thes. 5:14-19

Eucharistic Fast

General Law - Those preparing to receive Communion must abstain from all food and drink for one hour prior to reception.

Exceptions to the Eucharistic Fast - Water may be taken any time before Communion. In the case of sickness, medicine may be taken any time before reception.
Canon Law #919

The Cardinal Virtues

Prudence
Justice
Fortitude
Temperance
Wisdom 8:7
CCC #1805

The Theological Virtues

Faith
Hope
Charity
CCC #1813; 1 Cor. 13:13
Compendium, p. 192

Gifts of the Holy Spirit

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord
Is. 11:1-3; CCC #1831; Compendium, p. 192

Fruits of the Holy Spirit

Charity Generosity
Joy Gentleness
Peace Faithfulness
Patience Modesty
Kindness Self-control
Goodness Chastity
CCC #1832; Gal. 5:22-23; Compendium, p. 192

Marks of the Church

One
Holy
Catholic
Apostolic
CCC #865

<p><u>Holy Days of Obligation in the United States</u></p> <ol style="list-style-type: none"> 1. Solemnity of Mary, Mother of God (January 1) 2. Solemnity of the Ascension (Forty days after Easter) 3. Solemnity of the Assumption of the Blessed Virgin Mary (August 15) 4. Solemnity of All Saints (November 1) 5. Solemnity of the Immaculate Conception (December 8) 6. Solemnity of the Nativity of Our Lord Jesus Christ (December 25) <p>❖ When these days fall on a Saturday or a Monday, they are not observed as holy days of obligation. They do keep their major rank as solemnities and should always be celebrated with special care. Canon Law #1246; CCC #2177</p>	<p><u>Precepts of the Church</u></p> <ol style="list-style-type: none"> 1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days. 2. You shall confess your sins at least once a year. 3. You shall receive the sacrament of the Eucharist at least during the Easter season. 4. You shall observe the days of fasting and abstinence established by the Church. 5. You shall help to provide for the needs of the Church. CCC # 2041-2043; Compendium # 431-432; USCCA pp. 334-335
<p><u>Days of Penance</u></p> <p>All Fridays Days of Lent Canon Law #1250 CCC #1438</p>	<p><u>General Laws of Fast and Abstinence</u></p> <p>Fast: All adults, 18 up to the beginning of their sixtieth (59) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast and abstinence are educated and introduced to an authentic sense of penance.</p> <p>Abstinence: All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.</p> <p>Days of Fast and Abstinence: Ash Wednesday Good Friday Fridays of Lent (abstinence)</p> <p>On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercises of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law. Canon Law #1251-1253 CCC #1434, 2043</p>