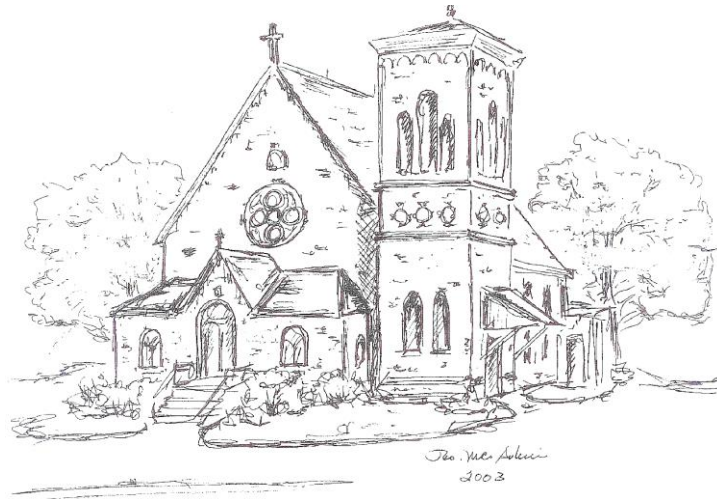


The Church of Saint Ann School of Religion

*+ Student Prayer Book +
Grades 1 thru 8*



Student

Grade

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Prayer

PRAYER IS THE RAISING OF OUR HEARTS AND MINDS TO GOD.

❖ *What is prayer?*

Prayer is raising one's heart and mind to God, and asking good things of God. Prayer is talking with God.

❖ *When should we pray?*

The Bible says we should pray always, meaning that we should be aware of God's presence at all times. But we also need to set special times when we can be alone with God.

❖ *What are the best times for special prayer?*

It is important that we set time aside for prayer at the beginning and end of each day. Sunday and holy days are times the Church marks especially for prayer.

❖ *What makes good prayer?*

When we pray well, we are attentive to God, we trust in Him and His grace, and we continue even when we find prayer difficult.

❖ *Who helps us to pray?*

Jesus gave us the Holy Spirit to help us in our prayer. The Holy Spirit also works through the Church to help us to pray.

❖ *What are the different kinds of prayer?*

There are five main kinds of prayer: adoration, which honors God for His goodness and majesty; petition, which asks things of God; intercession, which we offer for the good of other people; contrition, which shows our sorrow for our sins; and thanksgiving, which shows our gratitude.

THE SIGN OF THE CROSS

We make the sign of the cross by touching with the right hand:

- a. the forehead, saying, “In the Name of the Father;”
- b. then the stomach, adding “and of the Son;”
- c. and then from the left shoulder to the right, while saying “and of the Holy Spirit. Amen.”

The sign of the cross shows that we are Christians because it expresses our belief in the chief mysteries of our Catholic faith: the mystery of the Blessed Trinity and the mystery of the Incarnation and Redemption. The words we say show that God is one in Three Divine Persons. The sign of the cross we make reminds us that Jesus Christ, the Son of God, died for us on the Cross.

HOW TO MAKE A GENUFLECTION

While making a genuflection with one knee, three things are to be observed:

- a. bend the right knee to the floor alongside the ankle of the left foot;
- b. hold the head and upper part of the body erect, not inclined;
- c. rise again without delay.

In genuflecting with both knees bend the right knee first and then the left: thereupon make a medium bow of the body and rise.

THE 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 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.**

GLORY 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.**

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 the life everlasting. Amen.**

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,
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.**

ACT OF CONTRITION

O 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 confess my sins, to do penance, and to amend my life. Amen.

ACT OF FAITH

O my God, I firmly believe that You are one God in three Divine Persons, the Father, the Son, and the Holy Spirit. I believe in Jesus Christ, Your Son, who became man and died for our sins, and who 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 can neither deceive nor be deceived. Amen.

ACT OF HOPE

O my God, trusting in Your infinite goodness and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

ACT OF LOVE

O my God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all my love. I love my neighbor as myself for love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You 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 Your 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 our associates, and in particular for those recommended by our Holy Father this month.

GRACE BEFORE MEALS

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

GRACE AFTER MEALS

We give You thanks for all Your benefits, O Almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

THE CONFITEOR

I confess to Almighty God and to you, my brothers and sisters that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

PROMISES OF THE SACRED HEART

Twelve promises to persons having devotion to the Sacred Heart of Jesus, which were communicated by Christ to St. Margaret Mary Alacoque in a private revelation in 1675:

1. I will give them all the graces necessary in their state in life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life and, above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners shall find in My Heart the source and the infinite ocean of mercy.
7. By devotion to My Heart tepid souls shall grow fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place where a picture of My Heart shall be set up and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who promote this devotion shall have their names written in My Heart, never to be blotted out.
12. I will grant the grace of final penitence to those who communicate (receive Holy Communion) on the first Friday of nine consecutive months.

DAILY PRAYER TO THE SACRED HEART

Sacred Heart of Jesus today I wish to live in You, in Your grace, in which I desire at all costs to persevere. Keep me from sin and strengthen my will by helping me to keep watch over my sense, my imagination, and my heart. Help me to correct my faults which are the source of sin. I beg You to do this, O Jesus, through Mary, Your Immaculate Mother.

PRAYER BEFORE A CRUCIFIX

Behold, my beloved and good Jesus, I cast myself upon my knees in your sight, and with the most fervent desire of my soul I pray and beseech you to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins and a most firm desire of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate your five most precious wounds, having before my eyes that which David the prophet long ago spoke about you, my Jesus: “They have pierced my hands and my feet; I can count all my bones.”

HOW TO SAY THE ROSARY

1. Make the Sign of the Cross and say the Apostles' Creed.
2. Say the Our Father.
3. Say three Hail Marys.
4. Say the Glory be to the Father.
5. Announce the first mystery; then say the Our Father.
6. Say ten Hail Marys.
7. Say the Glory be to the Father.
8. Announce the second mystery; then say the Our Father.
9. Say ten Hail Marys.
10. Say the Glory be to the Father.
11. Announce the third mystery; then say the Our Father.
12. Say ten Hail Marys.
13. Say the Glory be to the Father.
14. Announce the fourth mystery; then say the Our Father.
15. Say ten Hail Marys.
16. Say the Glory be to the Father.
17. Announce the fifth mystery; then say the Our Father.
18. Say ten Hail Marys.
19. Say the Glory be to the Father.
20. Say the Hail Holy Queen.

THE MYSTERIES OF THE ROSARY

Joyful Mysteries—*Monday and Saturday*

1. The Annunciation (*Humility*)
2. The Visitation (*Charity*)
3. The Nativity (*Poverty*)
4. The Presentation (*Obedience*)
5. The Finding of the Temple (*Piety*)

Sorrowful Mysteries—*Tuesday and Friday*

1. Agony in the Garden (*Contrition*)
2. Scourging at the Pillar (*Purity*)
3. Crowning with Thorns (*Courage*)
4. Carrying of the Cross (*Patience*)
5. The Crucifixion (*Self-denial*)

Glorious Mysteries—*Wednesday and Sunday*

1. The Resurrection (*Faith*)
2. The Ascension (*Hope*)
3. Descent of the Holy Spirit (*Love*)
4. The Assumption (*Eternal happiness*)
5. Crowning of Mary (*Devotion to Mary*)

Luminous Mysteries—*Thursday*

1. The Baptism of Jesus in the Jordan (*Repentance*)
2. The Wedding Feast at Cana (*Commitment*)
3. The Kingdom of God (*Evangelization*)
4. The Transfiguration of Jesus (*Perseverance*)
5. The Holy Eucharist (*The Mass*)

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of mercy; 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.

**V. Pray for us, O Holy Mother of God;
R. That we may be made worthy of the promises of Christ.**

ROSARY PRAYER

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life; grant we beseech You, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may learn to imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided.

Inspired by this confidence, I fly to you, O Virgin of Virgins, my mother. To you I come; before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.

PRAYER TO SAINT MICHAEL

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

TO MY GUARDIAN ANGEL

**Angel of God, my guardian dear,
To whom His love commits me here,
Ever this day be at my side,
To light and guard, to rule and guide. Amen.**

THE STATIONS OF THE CROSS

The “Stations of the Cross” is a devotion which consists of following the Passion of Our Lord Jesus Christ by recalling the fourteen prominent events that took place from the time of the trial under Pontius Pilate until his death and burial on Mount Calvary.

First Station:	Jesus is condemned to death.
Second Station:	Jesus carries his cross.
Third Station:	Jesus falls the first time.
Forth Station:	Jesus meets his afflicted mother.
Fifth Station:	Simon of Cyrene helps Jesus to carry his cross.
Sixth Station:	Veronica wipes the face of Jesus.
Seventh Station:	Jesus falls the second time.
Eighth Station:	The daughters of Jerusalem weep over Jesus.
Ninth Station:	Jesus falls the third time.
Tenth Station:	Jesus is stripped of his garments.
Eleventh Station:	Jesus is nailed to the cross.
Twelfth Station:	Jesus dies on the cross.
Thirteenth Station:	Jesus is taken down from the cross.
Fourteenth Station:	Jesus is buried in the tomb.
Fifteenth Station:	Jesus rises from the dead on the third day, Easter Sunday.

THE 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.

A closing hymn such as "Holy God We Praise Your Name"

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of Your faithful, 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, You have taught the hearts of the faithful by the light of the Holy Spirit; grant us, in the same Spirit, to have a taste for what is right, and to rejoice always in His consolation. Through Christ our Lord. Amen.