

INTRODUCTION

Prayer is understood as the lifting up of the mind and heart to God in adoration, contrition, thanksgiving, and supplication. Prayer is when we consecrate all our time and attention to God alone. Just as communication is essential to any relationship, so conversation with God is essential to a relationship with God. All must make time for prayer. We pray because Jesus prayed, for the reasons He prayed, and the way He taught us to pray. We teach prayer to others because Jesus taught His disciples to pray.

Here are some general principles to bear in mind when teaching prayer:

Ways to pray: simply talking to Jesus, the Father or Holy Spirit from the heart, adoring Jesus in the Eucharist, especially when exposed on the altar, Lectio Divina with Scripture.

- ✘ **What is prayer?** Prayer is the raising of one's mind and heart to God or the requesting of good things from God (CCC. 2259). Prayer is learned by praying. It is important to take time for prayer during the day.
- ✘ We pray because God loves us, because we love God, and because we are aware of the Divine Indwelling. God starts the conversation and waits for our response.
- ✘ When praying create the proper atmosphere for it: silence, stillness, proper posture, and certain places and times of the day that are best for prayer.
- ✘ Encourage your children to pray about what is important to them.

- ✘ Make religion function throughout the day by means of prayer: an offering of the whole day in the morning, short phrases that can be memorized and prayed

during the day, blessings at meals, an act of thanksgiving and contrition in the evening.

Here are some suggestions on how to teach prayer:

- ✘ Introduce the prayer in a way that arouses interest, then explain the occasion or context of the prayer.
- ✘ Teach the meaning of the prayer, of individual words and phrases, by using synonyms or paraphrasing.
- ✘ Teach an appreciation for the prayer by the richness of its content, or by using stories, pictures, pictures or videos.
- ✘ Teach the prayer “**word perfect**,” that is, pronounce the words slowly and distinctly. Make sure the meaning is understood before you work on memorization. Use flashcards for memorization drills.

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MY CATHOLIC PRAYERS

SIGN OF THE CROSS:

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

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.**

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.**

GRACE AFTER MEALS

We give Thee thanks for all Thy benefits, Almighty God, Who live and reign forever and ever; and may the souls of the faithful departed, through the mercy of God, rest in peace. **Amen.**

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, 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 confess my sins, to do penance, and to amend my life. **Amen.**

ACT OF CONTRITION (ALTERNATE FORM)

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. **Amen.**

PRAYER TO THE 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.**

PRAYER TO ST. 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 thou, 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 for the ruin of souls. **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 shall renew the face of the earth. Let us pray. O God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit, we may be truly wise and ever rejoice in His consolation. Through Christ our Lord. **Amen.**

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.

MYSTERIES OF THE ROSARY

THE JOYFUL MYSTERIES

(Monday & Saturday)

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

THE LUMINOUS MYSTERIES

(Thursday)

1. The Baptism in the Jordan River
2. The Miracle at the Wedding at Cana
3. The Proclamation of the Kingdom of God, and The Call to Conversion
4. The Transfiguration
5. The Institution of the Holy Eucharist.

THE 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

THE GLORIOUS MYSTERIES

(Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of the Blessed Virgin Mary

THE ANGELUS

V: The Angel of the Lord declared unto Mary

R: and she conceived by 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.**

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine 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.**

PRAYER FOR THE POOR SOULS IN PURGATORY

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. **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 sins, and the reunion of all Christians. I offer them for the intentions of our Bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month. **Amen.**

THE WAY OF THE CROSS

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|-------------------------------------|----------------------------------------|
| 1. Jesus is condemned to death | 8. Jesus speaks to the women |
| 2. Jesus bears His cross | 9. Jesus falls a third time |
| 3. Jesus falls the first time | 10. Jesus is stripped of His garments |
| 4. Jesus meets His Mother | 11. Jesus is nailed to the Cross |
| 5. Jesus is helped by Simon | 12. Jesus dies on the cross |
| 6. Veronica wipes the face of Jesus | 13. Jesus is taken down from the cross |
| 7. Jesus falls a second time | 14. Jesus is placed in the tomb |

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 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.**

“SUB TUUM PRAESIDIUM”

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. **Amen.**