

## **Required Prayers-7th Grade:**

\_Sign of the Cross  
\_Our Father  
\_Hail Mary  
\_Glory Be  
\_Prayer Before/After  
  Meals  
\_Act of Contrition  
\_Confession Formula  
\_Mass Responses  
\_Morning Offering

\_Apostles Creed  
\_Hail Holy Queen  
\_The Seven Sacraments  
\_The Ten Commandments  
\_How to pray the Rosary  
\_Memorare  
\_Seasons of the Liturgical  
  Year  
\_Holy Days of Obligation  
\_Laws of the Church

\_Prayer to the Holy Spirit  
\_Corporal Works of Mercy  
\_Spiritual Works of Mercy  
\_Five Joyful Mysteries  
\_Five Sorrowful  
  Mysteries  
\_Five Glorious Mysteries  
\_Five Luminous  
  Mysteries  
\_The Beatitudes

### **THE 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 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 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 Your gifts which we are about to receive from Your goodness, through Christ Our Lord. Amen.

### **GRACE AFTER MEALS**

We give You thanks for all your benefits, almighty God, who lives and reigns forever. 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 You and I detest all my sins because of your just punishment, but most of all because they have offended 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 occasions of sin. Amen.

## **THE MORNING OFFERING**

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. 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 the third day He rose again from the dead. He ascended into heaven, sits at the right hand of God, the Father Almighty. From there he shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## **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.

## **THE SEVEN SACRAMENTS**

1. Baptism
2. Holy Eucharist
3. Confirmation
4. Reconciliation or Penance
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

## **THE PRECEPTS OF THE CHURCH**

- I. To attend Mass on Sundays and Holy Days of Obligation, and resting from servile works.
- II. To observe the days of abstinence and fasting.
- III. To confess our sins to a priest, at least once a year.
- IV. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season.
- V. To contribute to the support of the Church.
- VI. To obey the laws of the Church concerning Matrimony.
- VII. To participate in in the Church's mission of Evangelization of Souls.(Missionary Spirit of the Church)

## **THE TEN COMMANDMENTS**

(Exodus 20:1-17; Deuteronomy 5:6-21)

1. I the Lord, am your God; you shall not have other gods besides me.
2. You shall not take the name of the Lord, your God in vain.
3. Remember to keep holy the Sabbath 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 anything that belongs to your neighbor.

## **THE ROSARY** (How to pray the rosary)

A rosary has a cross, followed by one large bead and three small ones. Then there is a circle with five decades. Each decade consists of one large bead followed by ten smaller beads.

Begin the Rosary with the sign of the Cross. Recite the Apostles' Creed. Then pray one Our Father, three Hail Mary's and one Glory Be to the Father.

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

### **The Five Joyful Mysteries**

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 Sorrowful Mysteries**

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**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Coronation of Mary in Heaven

### **The Five Luminous Mysteries**

1. Baptism of Jesus in the Jordan
2. Wedding Feast of Cana
3. Proclamation of the Kingdom of God
4. The Transfiguration
5. Institution of the Holy Eucharist

## **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 with 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.

## **THE SIX SEASONS OF THE LITURGICAL YEAR:**

- (1) Advent,**
- (2) Christmas,**
- (3) Lent,**
- (4) Triduum,**
- (5) Easter, and**
- (6) Ordinary Time.**

## **HOLY DAYS OF OBLIGATION**

In addition to Sunday, the days to be observed as holy days of obligation in dioceses of the United States of America:

January 1, the solemnity of Mary, Mother of God;  
Thursday of the Sixth Week of Easter, the solemnity of the Ascension;  
August 15, the solemnity of the Assumption of the Blessed Virgin Mary;  
November 1, the solemnity of All Saints;  
December 8, the solemnity of the Immaculate Conception;  
December 25, the solemnity of the Nativity of Our Lord Jesus Christ.

Whenever January 1, August 15, or November 1, falls on a Saturday or on a Monday, there is no law to attend Mass.

## **PRAYER TO THE HOLY SPIRIT**

Come, Holy Spirit, fill the hearts of us Your faithful, and kindle in us the fire of Your love. Send forth Your spirit and we shall be created. And You shall renew the face of the earth. Let us Pray: O God, who by the light of the Holy Spirit instructs the hearts of the faithful, grant, that by the same Holy Spirit we may be truly wise and ever rejoice in His consolations. Through Christ our Lord. Amen.

### **THE CORPORAL WORKS OF MERCY:**

- To feed the hungry;
- To give drink to the thirsty;
- To clothe the naked;
- To house the homeless;
- To visit the sick;
- To free the captive;
- To bury the dead.

### **THE SPIRITUAL WORKS OF MERCY:**

- To instruct the ignorant;
- To counsel the doubtful;
- To admonish sinners;
- To bear wrongs patiently;
- To forgive offences willingly;
- To comfort the afflicted;
- To pray for the living and the dead.

### **THE EIGHT BEATITUDES**

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- Blessed are the meek: for they shall possess the land.
- Blessed are they who mourn: for they shall be comforted.
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the clean of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called the children of God.
- Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.