

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 1

### **Prayers**

#### *The Sign of the Cross*

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

#### *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.

### **Concepts**

The Bible- The word of God

Two parts of the Bible- Old Testament and New

Testament Three persons of the Trinity- Father, Son,

Holy Spirit

The Church- The community of the People of God

Law of Love- "This is my commandment: love one another as I love you." John 15:12

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 2

### **Prayers**

#### *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.

#### *Blessing Before Meals*

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

#### *Act of Contrition*

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.

### **Concepts**

**Name of the Parish and Priests-** St. James Parish/ Father Robert Kuznik, Pastor;  
Father Bob Sheckenback, Associate Pastor; Father John Fitzgerald, In Residence

**Name of the Pope and the Bishop-** Pope Francis/ Bishop John Barres

**The Seven Sacraments-** Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders, Anointing of the Sick

**Special Things in the Church-** Alter, Tabernacle, Ambo, Vestments, Crucifix, Holy Water, Candles, Paschal Candle, Chalice, Ciborium, Book of Gospels, Lectionary

**The Great Commandment-** "You shall love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself." Luke 10:2

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 3

### **Prayers**

*Act of Faith, Hope, and Love*

My God, I believe in you,

I trust in you,

I love you above all things,

with all my heart and mind and strength.

I love you because you are supremely good and worth loving;

and because I love you,

I am sorry with all my heart for offending you.

Lord, have mercy on me, a sinner. Amen.

*Angel Guardian*

Angel of God,

my guardian

dear,

to whom God's love

commits me here,

ever this day (night)

be at my side,

to light and guard,

to rule and guide. Amen

### **Concepts**

The Liturgical Year- Advent, Christmas, Ordinary Time, Lent, Tridium, Easter, Ordinary Time

The five forms of prayer- Adoration, Petition, Intercession, Thanksgiving, Praise

The Fruits of the Spirit- love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self-control, (generosity, modesty, chastity)

### **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.

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 4

### **Prayer**

#### *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 will be created.

And you will renew the face of the earth.

Let us pray.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful,

In the same Spirit help us to relish

What is right and always rejoice in your consolation.

We ask this through Christ our Lord. Amen

#### *Prayer to St. Michael*

Saint 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 Host-

By the Divine Power of God-

Cast into hell, Satan and all the evil spirits,

Who roam throughout the world seeking the ruin of souls.

Amen.

### **Concepts**

#### **Order of Mass-**

Introductory Rite: Opening Procession, Penitential Rite, Gloria, Opening Prayer

The Liturgy of the Word: First Reading, Responsorial, Second Reading, The Gospel,

Homily, Profession of Faith, General Intercessions

The Liturgy of the Eucharist: Preparation of the Gifts, Prayer over the Gifts, Eucharistic

Prayer, Communion Rite

Concluding Rite

#### **Beatitudes-**

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are they that mourn, for they shall be comforted.
4. Blessed are they that hunger and thirst after justice, for they shall be filled.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 5

### **Prayers**

#### *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 arose again from the dead.  
He ascended into heaven and sits at the right hand of  
God the Father Almighty; from thence he shall 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.

#### *Hail, Holy Queen*

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!

#### *Fatima Prayer*

O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven,  
especially those most in need of Thy mercy.

### **Concepts**

Rosary

The Seven Deadly Sins- lust, greed, envy, gluttony, sloth, anger, pride

Venial and Mortal Sin and the Sin of Omission

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 6

### Prayer

#### *Prayer of Saint Francis of Assisi*

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 so much seek

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.

### Concepts

The Seven Virtues- Faith, Hope, Charity (Love), Prudence, Justice, Fortitude, Temperance

The Books of the Bible-

The Old Testament- The Pentateuch, The Historical Books, The Wisdom Books, The Prophetic Books

The New Testament- The Gospels, The Acts of the Apostles, The New Testament Letters, Revelation

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 7

### Prayer

#### *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,  
(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.

### Concepts

#### Corporal Works of Mercy

- To feed the hungry;
- To give drink to the thirsty;
- To shelter the homeless
- To clothe the naked
- To card for the sick;
- To visit the imprisoned;
- To bury the dead.

#### Spiritual Works of Mercy

- Share knowledge
- Give advice to those in need
- Comfort those who suffer
- Be patient with others
- Forgive those who hurt you
- Correct those who need it
- Pray for the living and dead

**Gifts of the Holy Spirit** – Wisdom, Knowledge, Understanding, Reverence (Piety),  
Right Judgment (Counsel), Wonder and Awe (Fear of the Lord), Courage (Fortitude)

# CATHOLIC PRAYERS AND TENENTS

## LEVEL 8

### **Prayer**

#### *Stewardship Prayer*

We praise you Lord for the wonder of your creation  
and for every good gift that comes from your hand;  
our life, our faith, our family,  
our time, our talents, and our treasures.

Help us to be grateful for the many blessings you have poured upon us.

May we offer our lives as gifts that are pleasing to you.

Make us good stewards of these your gifts  
and faithful disciples offering all we have for your greater glory. We  
ask this through Christ our Lord. Amen

### **Concepts**

Holy Days of Obligation- Christmas, Ascension, Mary Mother of God, Immaculate  
Conception, Assumption, All Saints

### **Precepts of the Church-**

1. Take part in the Mass on Sundays and holy days. Keep these days holy and avoid unnecessary work.
2. Celebrate the Sacrament of Reconciliation at least once a year.
3. Receive Holy Communion at least once a year during Easter Season.
4. Fast and abstain on days of penance.
5. Give your time, gifts, and money to support the Church.

### **Catholic Social Teaching-**

- Life and Dignity of the Human Person
- Call to Family, Community, and Participation
- Rights and Responsibilities
- Option for the Poor and Vulnerable
- The Dignity of Work and the Rights of Workers
- Solidarity
- Care for God's Creation