

# PRAYERS

## SEVENTH GRADE

Students should practice these prayers each day and have them memorized by the end of the school year.

### NEW TO GRADE

#### **THE ANGELUS**

The angel of the Lord declared to Mary  
And she conceived of the Holy Spirit,

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.

Behold the handmaid of the Lord; Be it done unto me according to Thy word

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary....

Pray for us, O Holy Mother of God, 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.

#### **STATIONS OF THE CROSS**

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

We adore Thee, O Christ, and we praise Thee.

Because by Thy Holy Cross, Thou hast redeemed the world.

### CUMULATIVE LIST

#### **HOW TO GENUFLECT**

A genuflection is made by bending the right knee to the ground (while facing the Blessed Sacrament)

#### **WHEN TO GENUFLECT**

We genuflect when we pass before the Blessed Sacrament, and when we enter or exit our pews at church (when the Blessed Sacrament is reserved in the tabernacle).

When the Blessed Sacrament is exposed (in a Monstrance for public adoration), then we kneel on both knees.

*Note: We may also genuflect to the Holy Cross during the liturgical celebration of Good Friday until the beginning of Easter Vigil. Sometimes, when we recite the Creed (on the Annunciation and Christmas) we genuflect at the words, "and by the Holy Spirit was incarnate of the Virgin Mary, and became man."*

#### **HOW TO MAKE THE SIGN OF THE CROSS**

To make the Sign of the Cross, using the right hand, touch the forehead while saying, "In the Name of the Father," then touch the heart and say, "and of the Son," then touch the left then right front of the shoulders while saying, "and of the Holy Spirit. Amen." This prayer recalls the mystery of the Trinity and traces the Cross of Christ over the one who prays.

### **OUR FATHER (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 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.

### **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.

### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended Thee. 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 my penance, and to amend my life. Amen.

### **ST. MICHAEL PRAYER**

St. 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 hosts, by the power of God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

### **ACT OF FAITH**

O my God! I firmly believe that Thou are one God in Three Divine Persons, the Father, the Son, and the Holy Spirit; I believe that Thy 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 Thou has revealed them, Who canst neither deceive nor be deceived. Amen.

### **ACT OF HOPE**

O my God! Relying on Thine infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord, and Redeemer. Amen.

### **ACT OF CHARITY**

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

### **APOSTLE'S 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 power of the Holy Spirit, and born of the Virgin Mary  
He suffered under Pontius Pilate, was crucified, died, and was buried.  
He descended into the dead. On the third day, He rose again.  
He ascended into Heaven and is seated at the right hand of the Father.  
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 the life everlasting. Amen.

### **FATIMA PRAYER**

O My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy. Amen.

## **THE ROSARY**

### The Mysteries of the Rosary

#### ***The Joyful Mysteries***

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

#### ***The 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

#### ***The Luminous Mysteries***

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

#### ***The Glorious Mysteries***

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

#### ***HAIL HOLY QUEEN (SALVE REGINA)***

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, O most gracious advocate, thine eyes of mercy towards 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.

#### ***MEMORARE***

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