

# PRAYERS

## SECOND GRADE

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

### NEW TO GRADE

#### **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.

### 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.