

All Saints Catholic Church



Faith Enrichment Program Resource for Prayers and Knowledge of Faith

2017-2018

Why Should I Pray?

Prayer is the way we spend time with God just like we do with family and friends. After all, isn't God our best friend? We can pray any time and any place. We can use our own words (spontaneous prayer) or we can pray together with prayers that we all know (memorized prayer). We can pray using music or when we are quiet. We can pray to give thanks and praise or to ask for forgiveness or help. There are many, many ways to pray. What is most important about prayer is that it comes from our hearts.

“Where does prayer come from? Whether prayer is expressed in words or gestures, it is the whole person who prays. But in the naming of the source of prayers, Scripture speaks sometimes of the soul or the spirit, but most often of the heart (more than a thousand times.) According to Scripture, it is the heart that prays. If our heart is far from God, the words of prayer are in vain.” (CCC 2562) (CCC refers to the Catechism of the Catholic Church.)

Learning Prayers or Learning to Pray?

Children learn to pray by praying. Compare it to how children learn to ride a bicycle. We don't teach children about the bike and have them memorize all the things that they need to do. With coaching, children get on the bike and begin to feel how to balance the bicycle and make it move. They learn by doing. Establishing a pattern of prayer in the home and attending Mass regularly is the best way for children to learn to pray and in the process they will learn their prayers.

A Guide for Parents and Catechists

On the next pages you will find the progression for prayers and knowledge of faith followed in All Saints Faith Enrichment Program. This resource includes prayers and information central to Catholicism.

All Saints Faith Enrichment Program (FEP)

Prayers and Knowledge of Faith

Prayer/Knowledge of Faith	1 st Gr.	2 nd Gr.	3 rd Gr.	4 th Gr.	5 th Gr.	6 th Gr.	7 th Gr.	8 th Gr.
Sign of the Cross	1	1	1	1	1	1	1	1
Our Father	1	1	1	1	1	1	1	1
Hail Mary	1	1	1	1	1	1	1	1
Glory Be	1	1	1	1	1	1	1	1
Angel of God	2	2	2	2	2	1	1	1
Prayer Before Meals	2	2	2	2	2	1	1	1
Act of Contrition		2	2	2	2	2	2	2
Prayers for the Dead	3	3	3	3	3	3	3	3
Morning Offering							2	2
The Apostles' Creed			3	3	3	3	3	3
St. Michael						2	2	2
Describe how the Rosary is prayed			3	3	3	3	3	3
Identify the Sacraments of Initiation, Healing, and Service and how they are celebrated.			3	3	3	3	3	3
Recognize the Great Commandment and the Ten Commandments which God gave to His People	2	2	2	2	2	2	2	2
Recite the Great Commandment and Ten Commandments				2	2	2	2	2
Identify the two parts of the Mass.	3	3	3	3	3	3	3	3
Explain the significance of the two major parts of the Mass.			3	3	3	3	3	3
Prayer/Knowledge of Faith	1 st Gr.	2 nd Gr.	3 rd Gr.	4 th Gr.	5 th Gr.	6 th Gr.	7 th Gr.	8 th Gr.
Know that the Bible is a special book of God's Word.	1	1	1	1	1	1	1	1
Demonstrate how to find Scripture passages, if asked where a book is located in the Bible			3	3	3	3	3	3

Know the difference between the Old and the New Testaments.					2		2		2		2		2
Name the 4 marks of the Church									2		2		2
Name the Gifts of the Holy Spirit									3		3		3

Key: First Goal = 1; Second Goal = 2; Third Goal = 3

The Sign of the Cross

A gesture in the form of a cross by which one professes his or her faith in the Holy Trinity. Touching the fingers of one's right hand to one's forehead, chest, left shoulder, and right shoulder while saying:

In the Name of the Father
and of the Son
and of the Holy Spirit. Amen.

The Our Father

When the apostles asked Jesus how they should pray, He gave them the words of the Our Father. Read about it in Matthew 6: 9-13.

Our Father who art in heaven, hallowed by 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.

The Hail Mary

The words of the Hail Mary are from the angel Gabriel when he told Mary she would be Jesus' Mother and from Mary's cousin, Elizabeth, when Mary visited her to tell her about Jesus. Read about it in Luke 1: 28, 42.

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 to the Father

"Adapted from Jewish blessings, the "Glory Be" was influenced by the Trinitarian Baptism formula. 'Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.'" Matthew 28: 1

(The Catholic Source Book)

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.

Angel of God

"Throughout Jesus' life he was surrounded by the adoration and care from angels. Our Church teaches that 'In the meantime, the whole life of the Church benefits from the mysterious and powerful help of angels. From infancy to death, human life is surrounded by their watchful care and intercession.'" (CCC 333, 334, 336)

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.

Grace Before Meals

"Because God blesses the human heart, it can in return bless him who is the source of every blessing." (CCC 2645)

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

"In the words of the Council of Trent, contrition is "heartfelt sorrow and aversion for the sin committed along with the intention of sinning no more." Perfect contrition is sorrow arising out of love, while imperfect contrition is sorrow arising out of some lesser motive, such as fear of punishment." (CCC 1451-1454)

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 for the Dead

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

This prayer has numerous variations, but the main idea is to start your day giving to God everything you may encounter during the upcoming day.

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

The Apostles' Creed is a summary of what Catholics believe.

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.

St. Michael, the Archangel

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

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, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

The Rosary

“The Rosary is called the Psalter of Mary because all fifteen of its mysteries, with their 150 Aves, correspond to the number of the psalms. The Rosary is the most well-known and used form of chaplet. A chaplet is a devotion using beads; from a French word meaning ‘crown’ or ‘wreath.’” (The Catholic Source Book)

Begin to pray the Rosary with the Sign of the Cross followed by the Apostles’ Creed. Then pray one Our Father, three Hail Marys, and one Glory Be to the Father. To pray each decade, say an Our Father on the large bead and a Hail Mary on each of the ten small beads. Close each decade by praying the Glory Be to the Father. Pray the Hail, Holy Queen as the last prayer of the Rosary.

The mysteries of the Rosary are special events in the lives of Jesus and Mary. Read about them in the Gospels. As you pray each decade, think of the appropriate Joyful Mystery, Sorrowful Mystery, Glorious Mystery or Mystery of Light (Luminous).

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 of Jesus

The Five Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven

In 2002 Pope John Paul II introduced five new mysteries of the rosary to be included with the traditional ones. These new mysteries, which he called The Mysteries of Light or Luminous Mysteries, refer to the public life of Jesus.

The Five Mysteries of Light (Luminous)

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding at Cana
3. Jesus Announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Hail Holy Queen

Hail, holy Queen, mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

Chaplet of Divine Mercy

Jesus said to Sister Faustina:

"Say unceasingly this chaplet that I have taught you. Anyone who says it will receive great Mercy at the hour of death. Priests will recommend it to sinners as the last hope. Even the most hardened sinner, if he recites this Chaplet even once, will receive grace from My Infinite Mercy. I want the whole world to know My Infinite Mercy. I want to give unimaginable graces to those who trust in My Mercy..."

1. Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.

2. Then on the Our Father Beads say the following:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

3. On the 10 Hail Mary Beads say the following:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

(Repeat step 2 and 3 for all five decades).

4. Conclude with *(three times)*:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

The Sacraments

“Christ instituted the sacraments of the new law. There are seven: Baptism, Confirmation, the Eucharist, Penance, the Anointing of the Sick, Holy Orders and Matrimony. The seven sacraments touch all the stages and all the important moments of Christian life; they give birth and increase, healing and mission to the Christian’s life of faith. There is thus a certain resemblance between the stages of natural life and the stages of the spiritual life.” (CCC 1210)

Definition of Sacrament: tangible expressions of intangible grace, accomplishing what they signify.

Sacraments of Initiation

Baptism	The first sacrament of initiation into the Church that cleanses us of original sin and welcomes us into God’s family.	Water, Candle, Oil (Chrism), White Gown and Name
Confirmation	Another sacrament of initiation or welcome into the Church in which the Holy Spirit strengthens us to live and share our faith in Jesus.	Laying on of hands and anointing with oil (Chrism)
Eucharist	A sacrament of initiation, of unity and love in which Jesus comes to us in Holy Communion.	Bread & wine becoming the Body & Blood of Christ

Sacraments of Healing

Reconciliation	Reconciliation is a sacrament of sorrow and God’s forgiveness	Examination of conscience, telling of sins, expression of sorrow, act of penance, and absolution.
Anointing of the Sick	Anointing of the Sick is another sacrament of healing. It celebrates Christ’s healing presence in our lives. Through this sacrament the risen Lord also reaches out to bring strength, healing, and forgiveness to people who are ill.	Anointing with Oil of the Sick and the laying on of hands.

Sacraments of Service

Holy Orders	Holy Orders is a sacrament of special service to the community. Bishops, priests, and deacons are ordained to preach and teach, to celebrate the sacraments, and to build up the community of Christ’s Church.	Laying on of hands, vestments, anointing hands with chrism.
Marriage	Marriage is a sacrament of lifelong love. Marriage is a sign of God’s love for God’s people and Christ’s love for the Church.	Vows, rings.

The Great Commandment

The basis of all law (your rule of life) rests on the Great Commandment. Read about it in Matthew 22: 37, 39.

“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind...You shall love your neighbor as yourself.”

The Ten Commandments

The Commandments of God are an extension of the Great Commandment. The first three concern love of God and the other seven are love of your neighbor. Read about them in Exodus 20: 1-17 and Deuteronomy 5: 1-21

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 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.

Two major parts of the Mass

“The liturgy of the Eucharist (Mass) unfolds according to a fundamental structure which has been preserved throughout the centuries down to our own day. It displays two great parts that form a fundamental unity:

- *the gathering, **the liturgy of the Word**, with readings, homily and general intercession;*
- *the **liturgy of the Eucharist**, with the presentation of the bread and wine, the consecratory thanksgiving, and communion.”*
(CCC 1346)

The Beatitudes

"The Beatitudes are teachings of Jesus that describe the way to live as his disciples. We learn from the Beatitudes that God offers hope to every person. In the Beatitudes the word blessed means 'happy.' Jesus explains in the Beatitudes that we will be happy when we love God and trust Him as Jesus did." (Sadlier Fourth Grade Textbook) Read about the Beatitudes in Matthew 5.

Blessed are the poor in spirit, for theirs is the kingdom of heaven. (We are "poor in spirit" when we depend on God and make God more important than anyone or anything else in our lives.)

Blessed are they who mourn, for they will be comforted. (We "mourn" when we are sad because of the selfish ways people treat one another.)

Blessed are they who hunger and thirst for righteousness, for they will be satisfied. (We "hunger and thirst for righteousness" when we search for justice and treat everyone fairly.)

Blessed are the merciful, for they will be shown mercy. (We are "merciful" when we forgive others and do not take revenge on those who hurt us.)

Blessed are the clean of heart, for they will see God. (We are "clean of heart" when we are faithful to God's teachings and try to see God in all people and in all situations.)

Blessed are the peacemakers, for they will be called children of God. We are "peacemakers" when we treat others with love and respect and when we help others to stop fighting and make peace.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. (We are "persecuted for the sake of righteousness" when others disrespect us for living as disciples of Jesus and following his example.)

The Bible

The Bible is a collection of religious writings of the Jewish and Christian religions. The Old Testament expresses the faith of the Israelite people and the New Testament expresses the faith of Christians as followers of Christ. Jesus connects the two.

“The Church accepts and venerates as inspired the 46 books of the Old Testament and the 27 books of the New. The four Gospels occupy a central place because Christ Jesus is their center. The unity of the two Testaments proceeds from the unity of God’s plan and his Revelation. The Old Testament prepares for the New and the New Testament fulfills the Old; the two shed light on each other; both are true Word of God.” (CCC 138-140)

How to Find Scripture Passages

- Find the book in the Bible by its name. (Most Bibles have a guide in the front.) If the name is preceded by a number it is the number of the book by that name.
- Once you find the book in the Bible, find the chapter number, the number immediately preceding the colon.
- Finally, find the verse number(s), the number(s) immediately following the colon.

“Although the Bible comes to us in the guise of a printed book, more accurately it is the record of God’s relationship with his people and their responses. This living experience is seen through the eyes of certain individuals who recorded the events under the inspiration of the Holy Spirit. The Bible deals with what any relationship demands: discoveries, difficulties, conversion, change, and love.”

(The Essential Catholic Handbook)

The readings at Mass are taken from the Bible. The lectionary is a book approved by the Church, containing a three-year cycle of Scripture readings for Sundays. The First Reading is from the Old Testament, the Second Reading is from the New Testament and the Gospel is from Matthew, Mark, Luke or John.

The 4 Marks of the Church

One, Holy, Apostolic, and Catholic

Name the Spiritual & Corporal Works of Mercy

Spiritual Works of Mercy

Admonish the sinner
Instruct the ignorant
Counsel the doubtful
Comfort the sorrowful
Bear wrongs patiently
Forgive all injuries
Pray for the living and the dead

Corporal Works of Mercy

Feed the hungry
Give drink to the thirsty
Clothe the naked
Shelter the homeless
Visit the sick
Visit the imprisoned
Bury the dead

The Theological Virtues

“The human virtues are rooted in the theological virtues, which adapt man's faculties for participation in the divine nature: for the theological virtues relate directly to God. They dispose Christians to live in a relationship with the Holy Trinity. They have the One and Triune God for their origin, motive, and object.”
(CCC, 1812)

Faith – Hope – Charity

The Cardinal Virtues

“Human virtues are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. They make possible ease, self-mastery, and joy in leading a morally good life. the virtuous man is he who freely practices the good. The moral virtues are acquired by human effort. They are the fruit and seed of morally good acts; they dispose all the powers of the human being for communion with divine love.” (CCC, 1804)

The cardinal virtues, “Four virtues play a pivotal role and accordingly are called “cardinal”; all the others are grouped around them. They are: prudence, justice, fortitude, and temperance. “If anyone loves righteousness, [Wisdom’s] labors are virtues; for she teaches temperance and prudence, justice, and courage.” (CCC, 180)5

Prudence – Justice – Fortitude – Temperance

The Gifts of the Holy Spirit

“The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations” (CCC, 1831)

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| 1. Wisdom | 2. Understanding |
| 3. Counsel | 4. Fortitude |
| 5. Knowledge | 6. Piety |
| 7. Fear of the Lord | |

