

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

## *Birth – Age 2*

### **SIGN OF THE CROSS**

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

## *Age 3 and 4*

**In addition to the item above:**

### **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.

### **GRACE AFTER MEALS**

We give you thanks, almighty God, for these and all your gifts which we have received through Christ, O Lord. Amen.

## *Kindergarten*

**In addition to the items above:**

### **MORNING PRAYER**

O my God, I offer you this day, all I do and think and say. In union with what was done, on earth by Jesus Christ, your Son. Amen.

### **EVENING PRAYER**

God, our Father, this day is done. We ask you and Jesus Christ, your Son, that with the Spirit, our welcome guest, you guard our sleep and bless our rest. Amen.

### **GUARDIAN ANGEL**

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

## *Grade One*

**In addition to the items above:**

### **OUR FATHER** (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.

### **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.

## *Grade Two*

**In addition to the items above:**

### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, 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 sin no more and to avoid the near occasion of sin. Amen. (Traditional version)

### **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. Amen. (Alternate version from the Rite of Penance)

### **MASS PRAYERS AND RESPONSES** (Assembly's Responses)

#### **Greeting**

Priest: The Lord be with you.

*Assembly:* And with your spirit.

#### **Penitential Act, Form A** (Confiteor)

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

#### **Penitential Act, Form B**

Priest: Have mercy on us, O Lord.

*Assembly:* For we have sinned against you.

Priest: Show us, O Lord, your mercy.

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

Assembly: And grant us your salvation.

## **Gloria**

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

## **Response to the Biblical Readings**

**First and Second Reading** (at Conclusion)

Reader: The Word of the Lord.

**Assembly:** Thanks be to God.

**Gospel** (at Introduction)

Deacon, or Priest: The Lord be with you.

**Assembly:** And with your spirit.

Deacon, or Priest: A reading from the holy Gospel according to N (name of Gospel writer).

**Assembly:** Glory to you, O Lord.

**Gospel** (at Conclusion)

Deacon, or Priest: The Gospel of the Lord.

**Assembly:** Praise to you Lord, Jesus Christ.

## **Prayer with the Priest over the Gifts**

**Assembly:** May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

## **Preface Dialogue**

Priest: The Lord be with you.

**Assembly:** And with your spirit.

Priest: Lift up your hearts.

**Assembly:** We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

**Assembly:** It is right and just.

## **Preface Acclamation**

**Assembly:** Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your

glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

## **Mystery of Faith** (formerly Memorial Acclamation)

Priest: The mystery of faith.

**Assembly (a):** We proclaim your death, O Lord, and profess your Resurrection until you come again.

**(or b):** When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again.

**(or c):** Save us, Savior of the world, for by your cross and Resurrection you have set us free.

## **Litany at the Fraction Rite**

**Assembly:** Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

## **Act of Humility**

Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**Assembly:** Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

## **Sending**

Deacon, or Priest (a): Go forth, the Mass is ended.

(or b): Go and announce the Gospel of the Lord.

(or c): Go in peace, glorifying the Lord by your life.

(or d): Go in peace.

**Assembly:** Thanks be to God.

## **Grade Three**

### **In addition to the items above:**

## **NICENE-CONSTANTINOPOLITAN CREED** (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

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

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, 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.

## **FATIMA PRAYER**

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

## **HAIL, HOLY QUEEN**

Hail, Holy Queen, Mother of Mercy, 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 exile show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

## *Grade Four*

**In addition to the items above:**

## **TEN COMMANDMENTS**

1. I am the LORD your God. You shall worship the Lord your God and him only shall you serve.
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 your neighbor's goods.

## **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; 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.

## **WORKS OF MERCY**

### **Corporal**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

### **Spiritual**

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

## **BEATITUDES (Mt 5:3-12)**

1. Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.
2. Blessed are they who mourn, for they will be comforted.

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

3. Blessed are the meek, for they will inherit the earth.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

## MYSTERIES OF THE ROSARY

### Joyful Mysteries

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- The Finding in the Temple

### *Grade Five*

#### **In addition to the items above:**

## MYSTERIES OF THE ROSARY

### Sorrowful Mysteries

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

## ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your 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 you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

## SEVEN SACRAMENTS

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

## 7. Matrimony

### HOLY DAYS OF OBLIGATION

- Solemnity of Mary Mother of God - January 1
- Solemnity of the Ascension - Seventh Sunday of Easter
- Solemnity of the Assumption of the Blessed Virgin - August 15
- Solemnity of the Feast of All Saints - November 1
- Solemnity of the Immaculate Conception - December 8
- Solemnity of the Nativity of our Lord, Jesus Christ - December 25

The National Conference of Catholic Bishops decided at their November 1991 meeting that whenever January 1, the Solemnity of Mary Mother of God or August 15, the feast of the Assumption of the Blessed Virgin or November 1, the Feast of all Saints falls on a Saturday or a Monday, the precept to celebrate Mass is dispensed. The Congregation for Bishops confirmed the action on July 4, 1992.

Although the obligation to celebrate Mass when these three holy days fall on a Saturday or Monday is abolished, parishes are to continue to observe these holydays by scheduling one or more Masses at a convenient time so that people who wish to participate are able to do so.

### DEUTERONOMY 6:4-5 (Shema)

Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength.

### *Grade Six*

#### **In addition to the items above:**

## MYSTERIES OF THE ROSARY

### Glorious Mysteries

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Coronation of Mary

## ACT OF HOPE

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

## PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

Holy Days of Obligation and remain free from work or activity that could impede the sanctification of such days.

2. You shall confess your sins at least once a year.

3. You shall receive the Sacrament of the Eucharist at least during the Easter season.

4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church.

## SELECTED MASS PRAYERS AND RESPONSES IN LATIN

### **Sanctus** (Preface Acclamation)

Sanctus, Santus, Sanctus Dóminus Deus  
Sábaoth. Pleni sunt caeli et terra glória tua.  
Hosánna in excélsis.  
Benedictus qui venit in nómine Dómini.  
Hosánna in excélsis.

### **Misterium Fidei** (Mystery of Faith)

a) Mortem tuam annuntiámus, Dómine, et  
tuam resurrectionem confitémur, donec  
véniás.

or b) Quatioscúmque manduacámus panem  
hunc et cálicem bíbimus, mortem tuam  
annutiámus, Dómine,  
donec vénias.

or c) Salvátor mundi, salva nos, qui per  
curcem et resurrectionem tuam liberásti nos.

### **Agnus Dei** (Litany at the Fraction Rite)

Agnus Dei, qui tollis peccáta mundi:  
miserére nobis.

Agnus Dei, qui tollis peccáta mundi:  
miserére nobis.

Agnus Dei, qui tollis peccáta mundi: dona  
nobis pacem.

### *Grade Seven*

#### **In addition to the items above:**

#### **ACT OF LOVE**

O Lord God, I love you above all things  
and I love my neighbor for your sake  
because you are the highest, infinite and  
perfect good, worthy of all my love. In this  
love I intend to live and die. Amen.

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

1. Jesus condemned to death

2. Jesus carries his cross

3. Our Lord falls the first time

4. Jesus meets his Mother

5. Simon the Cyrenean helps Jesus carry  
his cross

6. Veronica wipes the face of Jesus

7. The second fall of Jesus

8. Jesus consoles the women of Jerusalem

9. The third fall of Jesus

10. Jesus is stripped of his garments

11. Jesus is nailed to the cross

12. Jesus dies on the cross

13. Jesus is taken down from the cross

14. Jesus is laid in the tomb

## MYSTERIES OF THE ROSARY

### **Luminous Mysteries**

The Baptism of Jesus

The Wedding Feast of Cana

The Proclamation of the Kingdom, with the  
call to Conversion

The Transfiguration

The Institution of the Eucharist

## SELECTED MASS PRAYERS AND RESPONSES IN LATIN

### **Glória** (Gloria)

Glória in excelsis Deo. Et in terra pax  
homínibus bonae voluntátis. Laudámus te,  
benedíctimus te, adorámus te, glorificámus  
te, grátias ágimus tibi propter magnam  
glóriam tuam, Dómine Deus, Rex caeléstis,  
Deus Pater omnípotetens. Dómine Fili  
unigénite, Iesu Christe, Dómine Deus,  
Agnus Dei, Fílius Patris, qui tollis peccáta  
mundi, miserére nobis; qui tollis peccáta  
mundi, súscipe deprecationem nostram. Qui  
sedes ad dexteram Patris, miserére nobis.  
Quóniam tu solus Sanctus, tu solus  
Dóminus, tu solus Altíssimus, Iesu Christe,  
cum Sancto Spíritu, in gloria Dei Patris.  
Amen.

### *Grade Eight*

#### **In addition to the items above:**

#### **VIRTUES**

#### **Cardinal**

1. Prudence

2. Justice

3. Fortitude

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

4. Temperance

## **Theological**

1. Faith
2. Hope
3. Charity

## **PRINCIPLES OF CATHOLIC SOCIAL TEACHING**

1. Life and Dignity of the Human Person
2. Call to Family, Community, and Participation
3. Rights and Responsibilities
4. Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers
6. Solidarity
7. Care for God's Creation

## **JOHN 11:25-26A**

Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die."

## *Grade Nine*

**In addition to the items above:**

## **GIFTS OF THE HOLY SPIRIT**

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

## **MAJOR FEASTS OF THE BLESSED MOTHER Mary, Mother of God - January 1**

**Immaculate Heart of Mary - Saturday after Sacred Heart of Jesus**

**Visitation of the BVM - May 31**

**Assumption - August 15**

**Nativity of the BVM - September 8**

**Immaculate Conception - December 8**

**Our Lady of Guadalupe - December 12**

## **MAJOR FEASTS OF THE LORD**

**Nativity of the Lord - December 25**

**Holy Family - Sunday within the octave of Christmas or December 30 if no such Sunday exists**

**Epiphany - Sunday between January 2 and January 8 inclusive**

**Baptism of the Lord - Sunday after January 6 unless that Sunday is Epiphany in which case the Baptism of the Lord is the next day**

**Presentation - February 2**

**Annunciation - March 25**

**Easter - First Sunday after the first full moon after March 21**

**Ascension - Seventh Sunday of Easter**

**Trinity - First Sunday after Pentecost**

**The Body and Blood of Christ - Second Sunday after Pentecost**

**Sacred Heart of Jesus - Friday after Body and Blood of Christ**

**Transfiguration - August 6**

**Triumph of the Cross - September 14**

**Christ the King - Last Sunday of Ordinary Time**

## **PSALM 23**

The LORD is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me; he revives my soul. He guides me along the right path, for the sake of his name. Though I should walk in the valley of the shadow of death, no evil would I fear, for you are with me. Your crook and your staff will give me comfort. You have prepared a table before me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. Surely goodness and mercy shall follow me all the days of my life. In the LORD's own house shall I dwell for length of days unending.

## *Grade Ten*

**In addition to the items above:**

## **COME, HOLY SPIRIT**

Come, O Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, and they shall be created. And you shall renew the face of the earth.

## **FRUITS OF THE HOLY SPIRIT**

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness

# Common Prayers and Formulas By Age

(Based Upon Catechetical Framework for Lifelong Faith Formation Dated 8/6/13)

7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control
12. Chastity

## **1 CORINTHIANS 13:4-8A**

Love is patient, love is kind. It is not jealous, love is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.

## *Grade Eleven*

**In addition to the items above:**

### **MAGNIFICAT** (Canticle of Mary)

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.

### **MATTHEW 28:16-20** (The Great Commission)

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. 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, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."

## *Grade Twelve*

**In addition to the items above:**

### **BENEDICTUS** (Canticle of Zechariah)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty Savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant. This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace. Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

## *Adults*

**An adult is called to learn by heart all the basic prayers, formulas and practices indicated previously in the life cycle.**

"In addition to the memorization of basic prayers and formulations of the faith, memorization of favorite psalms, songs, prayers, and poetry in praise of Christ our Savior is an effective form of catechesis that nourishes the human heart and helps to form the human spirit in Christ" (*National Directory for Catechesis* United States Conference of Catholic Bishops, 2003, 29F).