

Faith Formation Prayer Packet

Prayers taken from loyolapress.com as taught in the Finding God Educational books.

Any prayers can be learned in any grade and at any age. The following are in order of the Books used for Faith Formation Classes.

Grade K/1	Sign of the Cross Glory Be Lord's Prayer Hail Mary Grace Before Meals Grace After MEals Guardian Angel Prayer	Grade 6	Prayer to the Holy Spirit Morning Offering Lectio Divina Hail Holy Queen
Grade 2	Act of Contrition The Seven Sacraments	Grade 7	O My Jesus Nicene Creed The Rosary Mysteries of the Rosary
Grade 3	Apostles' Creed The Ten Commandments	Grade 8	Angelus Holy Days of Obligation
Grade 4	Act of Faith Act of Hope Act of Love Stations of the Cross	Additional Prayers to Learn Before Confirmation:	
Grade 5	The Beatitudes Corporal Works of Mercy Spiritual Works of Mercy The Order of the Mass	Gifts of the Holy Spirit Fruits of the Holy Spirit Prayer for the Souls in Purgatory Memorare Prayer to Saint Michael For the Helpless Unborn The Cardinal and Theological Virtues The Books of the Bible	

Grade K/1:

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.

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.
Our 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 your gifts,
which we are about to receive
from your goodness.
Through Christ Our Lord.
Amen.

Grace After Meals

We give you thanks
for all your gifts,
almighty God,
living and reigning
now and for ever.
Amen.

Guardian Angel Prayer

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 2

Act of Contrition

O 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.

The Seven Sacraments

+Sacraments of Initiation+

Baptism

Confirmation

Holy Eucharist

+Sacraments of Healing+

Penance

Anointing of the Sick

+Sacraments of Service+

Matrimony

Holy Orders

Grade 3

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.

The Ten Commandments

The first three commandments teach us how to love God; the other seven tell us how to love our neighbor.

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.

Grade 4

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 can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Love

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

Stations of the Cross

1. Jesus Is Condemned to Death.
2. Jesus Takes Up His Cross.
3. Jesus Falls the First Time.
4. Jesus Meets His Sorrowful Mother.
5. Simon of Cyrene Helps Jesus Carry the Cross.
6. Veronica Wipes the Face of Jesus.
7. Jesus Falls a Second Time.
8. Jesus Meets the Women of Jerusalem.
9. Jesus Falls the Third Time.
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.

The closing prayer—sometimes included as a 15th station—reflects on the Resurrection of Jesus Christ.

Grade 5

The Beatitudes

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

Corporal Works of Mercy

Feed the hungry,
give drink to the thirsty,
clothe the naked,
shelter the homeless,
care for the sick,
visit the imprisoned,
bury the dead.

Spiritual Works of Mercy

Instruct the ignorant,
admonish the sinners,
console the doubtful,
comfort the afflicted,
forgive offences willingly,
bear wrongs patiently,
pray for the living and the dead.

The Order of the Mass (Good for everyone to know. Details included for further understanding)

+Introductory Rites+

Entrance

- We gather as a community and praise God in song.

Greeting

- We pray the Sign of the Cross. The priest welcomes us.

Penitential Rite

- We remember our sins and ask God for mercy.

Gloria

- We praise God in song.

Collect

- We ask God to hear our prayers.

+Liturgy of the Word+

First Reading

- We listen to God's Word, usually from the Old Testament.

Responsorial Psalm

- We respond to God's Word in song.

Second Reading

- We listen to God's Word from the New Testament.

Gospel Acclamation

- We sing "Alleluia!" to praise God for the Good News. During Lent, we use a different acclamation.

Gospel Reading

- We stand and listen to the Gospel of the Lord.

Homily

- The priest or the deacon explains God's Word.

Profession of Faith

- We proclaim our faith through the Creed.

Prayer of the Faithful

- We pray for our needs and the needs of others.

+Liturgy of the Eucharist+

Presentation and Preparation of the Gifts

- We bring gifts of bread and wine to the altar.

Prayer over the Offerings

- The priest prays that God will accept our sacrifice.

Eucharistic Prayer

- This prayer of thanksgiving is the center and high point of the entire celebration.
 - Preface—We give thanks and praise to God.
 - Holy, Holy, Holy—We sing an acclamation of praise.
 - Consecration—*The bread and wine become the Body and Blood of Jesus Christ.*
 - The Mystery of Faith—We proclaim the mystery of our faith.
 - Amen—We affirm the words and actions of the Eucharistic Prayer.

Communion Rite

- receiving the Body and Blood of Jesus Christ

Lord's Prayer

- We pray the Our Father.

Sign of Peace

- We offer one another Christ's peace.

Lamb of God

- We pray for forgiveness, mercy, and peace.

Communion

- We receive the Body and Blood of Jesus Christ.

Prayer After Communion

- We pray that the Eucharist will strengthen us to live as Jesus did.

+Concluding Rites+

Final Blessing

- We receive God's blessing.

Dismissal

- We go in peace, glorifying the Lord by our lives.

Grade 6

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 shall be created.
 And you will renew the face of the earth.

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.

Morning Offering

My God, I offer you my prayers,
 works, joys and sufferings of this day
 in union with the holy sacrifice of the Mass throughout the world.
 I offer them for all the intentions of your Son's Sacred Heart,
 for the salvation of souls, reparation for sin,
 and the reunion of Christians. Amen.

Lectio Divina

+ Read + Reflect + Respond + Rest +

Lectio divina is a method that involves slow, rhythmic reading and praying of a Scripture passage. You pick a passage and read it. Notice what arises within you as you read it. Then you read it again, and then again, noticing what words and phrases grab your heart and noticing the feelings that arise. You respond to God about whatever is stirring within as you read and pray with the passage. Finally, you rest and let God respond and speak to you.

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. Amen.

Grade 7

O My Jesus

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

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,
 and by the power of 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.

The Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*.
(After finishing each decade, pray *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

9. Conclude the Rosary with the Sign of the Cross.



Mysteries of the Rosary (Details included for further understanding.)

+The Joyful Mysteries+

1. The Annunciation
Mary learns that she has been chosen to be the mother of Jesus.
2. The Visitation
Mary visits Elizabeth, who tells her that she will always be remembered.

3. The Nativity
Jesus is born in a stable in Bethlehem.
4. The Presentation
Mary and Joseph take the infant Jesus to the Temple to present him to God.
5. The Finding of Jesus in the Temple
Jesus is found in the Temple discussing his faith with the teachers.

+The Mysteries of Light (Luminous Mysteries)+

1. The Baptism of Jesus in the River Jordan
God proclaims that Jesus is his beloved Son.
2. The Wedding Feast at Cana
At Mary's request, Jesus performs his first miracle.
3. The Proclamation of the Kingdom of God
Jesus calls all to conversion and service to the Kingdom.
4. The Transfiguration of Jesus
Jesus is revealed in glory to Peter, James, and John.
5. The Institution of the Eucharist
Jesus offers his Body and Blood at the Last Supper.

+The Sorrowful Mysteries+

1. The Agony in the Garden
Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar
Jesus is lashed with whips.
3. The Crowning With Thorns
Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross
Jesus carries the cross that will be used to crucify him.
5. The Crucifixion
Jesus is nailed to the cross and dies.

+The Glorious Mysteries+

1. The Resurrection
God the Father raises Jesus from the dead.
2. The Ascension
Jesus returns to his Father in heaven.
3. The Coming of the Holy Spirit
The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary
At the end of her life on earth, Mary is taken body and soul into heaven.
5. The Coronation of Mary
Mary is crowned as Queen of Heaven and Earth.

Grade 8

Angelus

Call: The angel spoke God's message to Mary,
 Response: and she conceived of the Holy Spirit.
 Hail Mary...

Call: "I am the lowly servant of the Lord:
 Response: let it be done to me according to your word."
 Hail Mary...

Call: And the Word became flesh
 Response: and lived among us.
 Hail Mary...

Call: Pray for us, holy Mother of God,
 Response: that we may become worthy of the promises of Christ.

Let us pray.

Lord,
 fill our hearts with your grace;
 once, through the message of an angel
 you revealed to us the incarnation of your Son;
 now, through his suffering and death
 lead us to the glory of his resurrection.
 We ask this through Christ our Lord.
 Amen.

Holy Days of Obligation

The Holy Days of Obligation are the days other than Sundays on which we celebrate the great things God has done for us through Jesus and the saints. On Holy Days of Obligation, Catholics attend Mass.

January 1—Mary, Mother of God
 Fortieth day after Easter—Ascension
 August 15—Assumption of the Blessed Virgin Mary
 November 1—All Saints
 December 8—Immaculate Conception
 December 25—Nativity of Our Lord Jesus Christ

Additional Prayers to Learn Before Confirmation

Gifts of the Holy Spirit

From the Book of Isaiah 11:2-3

+Wisdom+ helps us recognize the importance of others and the importance of keeping God central in our lives.

+Understanding+ is the ability to comprehend the meaning of God's message.

+Knowledge+ is the ability to think about and explore God's revelation, and also to recognize there are mysteries of faith beyond us.

+Counsel+ is the ability to see the best way to follow God's plan when we have choices that relate to him.

+Fortitude+ is the courage to do what one knows is right.

+Piety+ helps us pray to God in true devotion.

+Fear of the Lord+ is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

Fruits of the Holy Spirit

Charity, Generosity, Joy,
Gentleness, Peace, Faithfulness,
Patience, Modesty, Kindness,
Self-Control, Goodness, Chastity

Prayer for the Souls in Purgatory

O gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on them.

Be not severe in Your judgments, but let some drops of Your Precious Blood fall upon the devouring flames.

And, Merciful Saviour, send Your angels to conduct them to a place of refreshment, light and peace.

Amen.

Memorare

Remember, most loving Virgin
Mary,
never was it heard
that anyone who turned to you
for help
was left unaided.

Inspired by this confidence,
though burdened by my sins,
I run to your protection
for you are my mother.

Mother of the Word of God,
do not despise my words of
pleading
but be merciful and hear my
prayer. Amen.

Prayer to Saint Michael

St. Michael the Archangel,
defend us in battle;
be our defense against the
wickedness and snares of the
devil.

May God rebuke him, we
humbly pray;
and do you, O prince of the
heavenly host,
by the power of God,
thrust into hell Satan and the
other evil spirits
who prowl about the world for
the ruin of souls.
Amen.

For the Helpless Unborn

Heavenly Father,
You create men in Your own image,
and You desire that not even
the least among us should perish.
In Your love for us,
You entrusted Your only Son
to the holy Virgin Mary.
Now, in Your Love,
protect against the wickedness of the devil,
those little ones to whom You have given the gift of life.
Amen.

The Cardinal and Theological Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like habits. They need to be practiced; they can be lost if they are neglected. The three most important virtues are called theological virtues because they come from God and lead to God. The cardinal virtues are human virtues, acquired by education and good actions.

Theological: Faith. Hope. Charity.

Cardinal: Prudence. Justice. Fortitude. Temperance

The Books of the Bible

(in Canonical Order)

+Old Testament+

· Genesis	· Tobit	· Ezekiel
· Exodus	· Judith	· Daniel
· Leviticus	· Esther	· Hosea
· Numbers	· 1 Maccabees	· Joel
· Deuteronomy	· 2 Maccabees	· Amos
· Joshua	· Job	· Obadiah
· Judges	· Psalms	· Jonah
· Ruth	· Proverbs	· Micah
· 1 Samuel	· Ecclesiastes	· Nahum
· 2 Samuel	· Song of Songs	· Habakkuk
· 1 Kings	· Wisdom	· Zephaniah
· 2 Kings	· Sirach	· Haggai
· 1 Chronicles	· Isaiah	· Zechariah
· 2 Chronicles	· Jeremiah	· Malachi
· Ezra	· Lamentations	
· Nehemiah	· Baruch	

+New Testament+

· Matthew	· Ephesians	· Hebrews
· Mark	· Philippians	· James
· Luke	· Colossians	· 1 Peter
· John	· 1 Thessalonians	· 2 Peter
· Acts	· 2 Thessalonians	· 1 John
· Romans	· 1 Timothy	· 2 John
· 1 Corinthians	· 2 Timothy	· 3 John
· 2 Corinthians	· Titus	· Jude
· Galatians	· Philemon	· Revelation