

## Our St. Paul Prayers

Students are responsible for prayers from previous grades

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*Italics* = Expose the students to these prayers

### Kindergarten

#### \*\*\*The Sign of the Cross\*\*\*

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

#### The Our Father

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.

#### The Prayer to My 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.

#### The Hail Mary

Hail Mary, full of grace!  
The Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your 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.

#### The 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.

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### First Grade

#### \*\*\*The Hail Mary\*\*\*

Hail Mary, full of grace!  
The Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

#### The Night Prayer

Now I lay me down to sleep,  
I pray the Lord my soul to keep.  
If I die before I wake,  
I pray the Lord my soul to take. Amen.

#### The Morning Prayer

O my God,  
I offer You today  
all I think and do and say,  
uniting it with what was done  
on earth by Jesus Christ, Your Son. Amen.

#### Various Words of Prayer

- Alleluia
- Holy, holy, holy
- Glory to God
- Amen
- Thank you, God
- I love you, God
- For my family, Lord hear our prayer

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### Second Grade

#### \*\*\*The Act of Contrition\*\*\*

O my God,  
I am heartily sorry for having offended You.  
I detest all my sins  
because of Your just punishments,  
but most of all because they offend You,  
my God,  
Who are all-good  
and deserving of all my love.  
I firmly resolve,  
with the help of Your grace,  
to confess my sins, to do penance,  
and to amend my life. Amen.

#### The Prayer to My 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.

#### *The Rosary*

(Tell the story of one of the mysteries of Jesus' life, show how it relates to our lives, and pray an Our Father and ten Hail Marys.)

#### The 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 sits at the right hand  
of God, the Father Almighty;  
from thence He shall 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.

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### Third Grade

#### \*\*\*The Our Father\*\*\*

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.)

[The (Amen) is omitted at Mass, but otherwise said.]

#### The Morning Offering

O my God,  
I offer You every thought and word  
and act of today.  
Please bless me, my God,  
and make me good today. Amen.

#### Prayer to Prepare for Mass

Jesus, I believe in You.  
Jesus, I hope in You.  
Jesus, I love You with all my heart.  
Jesus, I want so much  
to receive You into my heart.  
I long for You.  
Jesus, I am sorry for all my sins.  
I am not good enough for You to come to me.  
But I know You want me to come to YOU  
that You may make me good.  
Jesus, give me Your grace  
that I may always please You.  
Holy Mary, my dearest Mother, pray for me  
and make my heart ready for Jesus. Amen.

#### Prayer to Jesus after Receiving Him in Holy Communion

Jesus, I believe in You.  
Jesus, I hope in You.  
Jesus, I love You with all my heart.  
Jesus, I thank You for having come to me.  
Welcome to my heart and bless me.  
You are the same Jesus  
Who loved little children  
and let them come to You.  
You are the same Jesus  
Who gave Your life for us on the Cross  
and rose from the dead.  
And now that You are so close to me,  
I ask You to help me love You more  
and to serve You as You want me to serve You.  
Amen.

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## Fourth Grade

### The 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 with 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.

### \*\*\*The Mysteries of the Rosary\*\*\*

#### The Joyful Mysteries (Mondays & Saturdays)

- 1<sup>st</sup> – The Annunciation:  
*Mary learns she will become the mother of God.*
- 2<sup>nd</sup> – The Visitation:  
*Mary & Elizabeth visit & celebrate God's wonders.*
- 3<sup>rd</sup> – The Nativity: *Jesus is born in Bethlehem.*
- 4<sup>th</sup> – The Presentation: *Mary & Joseph take baby Jesus to the Temple and meet Simeon & Anna.*
- 5<sup>th</sup> – The Finding Jesus in the Temple: *Mary & Joseph lose Jesus but after three days find him teaching.*

#### The Luminous Mysteries (Thursdays)

- 1<sup>st</sup> – The Baptism of Jesus in the Jordan:  
*God proclaims that Jesus is his beloved Son.*
- 2<sup>nd</sup> – The Wedding Feast at Cana:  
*Mary's request, Jesus performs his first miracle.*
- 3<sup>rd</sup> – The Proclamation of the Kingdom of God: *Jesus calls all to conversion and service of the Kingdom.*
- 4<sup>th</sup> – The Transfiguration:  
*Jesus is revealed in glory to Peter, James, & John.*
- 5<sup>th</sup> – The Institution of the Eucharist:  
*Jesus offers his Body and Blood at the Last Supper.*

### The Hail Holy Queen – Salve Regina

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, O most gracious Advocate, your eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of your 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.

#### The Sorrowful Mysteries (Tuesdays & Fridays)

- 1<sup>st</sup> – The Agony in the Garden:  
*Jesus prays about the suffering he will go through.*
- 2<sup>nd</sup> – The Scourging at the Pillar:  
*Soldiers whip Jesus.*
- 3<sup>rd</sup> – The Crowning with Thorns:  
*Soldiers mock Jesus.*
- 4<sup>th</sup> – The Carrying of the Cross:  
*Jesus goes through Jerusalem's streets to Calvary.*
- 5<sup>th</sup> – The Crucifixion:  
*Jesus is crucified & dies on the Cross.*

#### The Glorious Mysteries (Wednesdays & Sundays)

- 1<sup>st</sup> – The Resurrection:  
*God Raises Jesus from death to life.*
- 2<sup>nd</sup> – The Ascension: *Jesus enters divine glory.*
- 3<sup>rd</sup> – The Descent of the Holy Spirit: *The Church is filled with God's courage & guidance.*
- 4<sup>th</sup> – The Assumption:  
*Mary is taken up body and soul into Heaven.*
- 5<sup>th</sup> – The Coronation:  
*Mary becomes the Queen of Heaven and Earth.*

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### Fifth Grade

#### \*\*\*\*The Apostles' Creed\*\*\*\*

(See Second Grade)

#### Prayer Before Reconciliation

My loving Father, I love You because You are so good. I am sorry for all my sins and all I have done to hurt You. With the help of Your grace, I will try to do better that I may please You and show You my Love. Make me one with You always, so that my joy may be holy. Let me honor You by helping others for the love of You. Give me the peace and joy that lasts forever.

Amen.

#### Prayer after Reconciliation

Heavenly Father, by dying on the Cross for love of us Your dear Son Jesus brought peace to the world by taking away our sins and giving us Your forgiveness. As a Catholic child I receive this peace and forgiveness in the Sacrament of Penance. I thank you for Your mercy to me and to all who are truly sorry for having offended you. Help me to use this sacrament often. May the power of Your love given to me in this sacrament guide me in all I do to please You in all things. Father, thank You for Your peace.

Amen.

#### The Prayer to St. 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 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 Litany to the Sacred Heart of Jesus*

Lord, have mercy on us.

*Lord, have mercy on us.*

Lord, have mercy on us. Christ, hear us.

*Christ, graciously hear us.*

God the Father of Heaven... *Have mercy on us [repeat]*

God the Son, Redeemer of the world...

God the Holy Spirit...

Holy Trinity, one God...

Heart of Jesus, Son of the Eternal Father...

Heart of Jesus, formed by the Holy Spirit in the Virgin Mother's womb...

Heart of Jesus, substantially united to the Word of God...

Heart of Jesus, of infinite majesty...

Heart of Jesus, holy temple of God...

Heart of Jesus, tabernacle of the Most High...

Heart of Jesus, house of God and gate of Heaven...

Heart of Jesus, glowing furnace of charity...

Heart of Jesus, vessel of justice and love...

Heart of Jesus, full of goodness and love...

Heart of Jesus, abyss of all virtues...

Heart of Jesus, most worthy of all praise...

Heart of Jesus, King and center of all hearts...

Heart of Jesus, in whom are all the treasures of wisdom and knowledge...

Heart of Jesus, in whom dwells all the fullness of the Godhead...

Heart of Jesus, in whom the Father was well pleased...

Heart of Jesus, of whose fullness we have all received...

Heart of Jesus, desire of the everlasting hills...

Heart of Jesus, patient and rich in mercy...

Heart of Jesus, rich to all who call upon You...

Heart of Jesus, fount of life and holiness...

*(continued→)*

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Heart of Jesus, propitiation for our offenses...

Heart of Jesus, overwhelmed with reproaches...

Heart of Jesus, bruised for our iniquities...

Heart of Jesus, obedient even unto death...

Heart of Jesus, pierced with a lance...

Heart of Jesus, source of all consolation...

Heart of Jesus, our life and resurrection...

Heart of Jesus, our peace and reconciliation...

Heart of Jesus, victim for our sins...

Heart of Jesus, salvation of those who hope in You...

Heart of Jesus, hope of those who die in You...

Heart of Jesus, delight of all saints...

Lamb of God, who takes away the sins of the world...

*Spare us, O Lord.*

Lamb of God, who takes away the sins of the world...

*Graciously hear us, O Lord.*

Lamb of God, who takes away the sins of the world...

*Have mercy on us.*

Jesus, meek and humble of Heart...

*Make our hearts like unto Thine.*

Let us pray.

*Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the name of the same Jesus Christ, Thy Son, Who lives and reigns with Thee forever and ever. Amen.*

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## Sixth Grade

### \*\*\*The 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 with 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.

### The Act of Faith

O my God, I firmly believe that thou are one God in three Divine Persons, Father, Son, and 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 that the Holy Catholic Church teaches, because thou hast revealed them, who can neither deceive nor be deceived. Amen.

### The Act of Hope

O my God, relying on thy 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

### The Act of Love

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

### The Angelus

The angel of the Lord declared unto Mary.  
*And she conceived of the Holy Spirit.*

Hail Mary...

Behold the handmaid of the Lord.

*Be it done to 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.*

### ***The Divine Praises***

Blessed be God. Blessed be His holy Name. Blessed be Jesus Christ, true God and true man. Blessed be the name of Jesus. Blessed be His most Sacred Heart. Blessed be His most Precious Blood. Blessed be Jesus in the most holy Sacrament of the Altar. Blessed be the Holy Spirit, the Paraclete. Blessed be the great Mother of God, Mary most holy. Blessed be her holy and Immaculate Conception. Blessed be her glorious Assumption. Blessed be the name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His angels and in His saints.

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### Seventh Grade

#### The Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds, hide me.  
From turning away, keep me.  
From the evil one, protect me.  
At the hour of my death, call me.  
Into thy presence, lead me.  
To praise thee with all thy saints,  
Forever and ever. Amen.

#### The Stations of the Cross

1<sup>st</sup> – Jesus is condemned to death.  
2<sup>nd</sup> – Jesus carries his Cross.  
3<sup>rd</sup> – Jesus falls the first time.  
4<sup>th</sup> – Jesus meets his Mother.  
5<sup>th</sup> – Jesus is helped by Simon of Cyrene.  
6<sup>th</sup> – Veronica wipes the face of Jesus.  
7<sup>th</sup> – Jesus falls the second time.  
8<sup>th</sup> – Jesus speaks to the women.  
9<sup>th</sup> – Jesus falls the third time.  
10<sup>th</sup> – Jesus is stripped of his clothes.  
11<sup>th</sup> – Jesus is nailed to the Cross.  
12<sup>th</sup> – Jesus dies on the Cross.  
13<sup>th</sup> – Jesus is taken down from the Cross.  
14<sup>th</sup> – Jesus is placed in the tomb.  
Conclusion – Jesus rises again on Easter.

#### \*\*\*Prayer to Jesus after Receiving\*\*\*

##### \*\*\*Him in Holy Communion\*\*\*

Jesus, I believe in You.  
Jesus, I hope in You.  
Jesus, I love You with all my heart.  
Jesus, I thank You for having come to me.  
Welcome to my heart and bless me.  
You are the same Jesus  
Who loved little children  
and let them come to You.  
You are the same Jesus  
Who gave Your life for us on the Cross  
and rose from the dead.  
And now that You are so close to me,  
I ask You to help me love You more  
and to serve You as You want me to serve You.  
Amen.

#### The Prayer to the Holy Spirit – Veni Sancte Spiritus

Come, Holy Spirit,  
fill the hearts of Your faithful  
and enkindle in them the first of Your love.  
Send forth Your Spirit and they shall be created.  
And You shall renew the face of the earth.  
Let us pray.  
O God, Who by the light of the Holy Spirit,  
did instruct the hearts of the faithful,  
grant us in the same Spirit to be truly wise  
and ever to rejoice in His consolation.  
Through Christ our Lord. Amen.

#### *The Daily Examination of Conscience*

In examining our conscience, we ask ourselves:  
What did I do today that pleased God?  
Did I pray to God today?  
Did I listen to and obey my parents & teachers  
Was I kind to everyone or how was I selfish?

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### The Beatitudes (Matthew 5:3-12)

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 for thirst and  
righteousness, for they will be satisfied.

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

Blessed are the clean of 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.

Blessed are you when they insult you  
and persecute you and utter every kind of evil  
against you [falsely] because of me. Rejoice and  
be glad, for your reward will be great in Heaven.

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### Eighth Grade

#### The Morning Offering

O Jesus, through the Immaculate Heart of Mary,  
I offer You all 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 Sacred Heart:  
The salvation of souls,  
reparation for sin,  
and the reunion of all Christians.

I offer them  
for the intentions of our bishops  
and of all Apostles of Prayer,  
and in particular for those recommended  
by our Holy Father this month. Amen.

#### Prayer for Vocations

Heavenly Father,  
Bless your Church with an abundance  
of holy and zealous priests,  
deacons, brothers, and sisters.  
Give those You have called to the married state  
and those You have chosen to live as  
single persons in the world,  
the special graces that their lives require.  
Form us all in the likeness of Your Son,  
so that in Him, with Him, and through Him,  
we may love You more deeply  
and serve You more faithfully,  
always and everywhere.  
With Mary we ask this through Christ our Lord.  
Amen.

#### *The Litany of the Blessed Virgin Mary—Litany of Loreto*

Lord, have mercy on us.

*Lord, have mercy on us.*

Lord, have mercy on us. Christ, hear us.

*Christ, graciously hear us.*

God the Father of Heaven... *Have mercy on us.*

God the Son, Redeemer of the world...*[repeat^]*

God the Holy Spirit...

Holy Trinity, One God...

Holy Mary...

*Pray for us.*

Holy Mother of God...

*[^repeat^]*

Holy Virgin of virgins...

Mother of Christ...

Mother of the Church...

Mother of divine grace...

Mother most pure...

Mother most chaste...

Mother inviolate...

Mother undefiled...

Mother most amiable...

Mother most admirable...

Mother of good counsel...

Mother of our Creator...

Mother of our Savior...

Virgin most prudent...

Virgin most venerable...

Virgin most renowned...

Virgin most powerful...

Virgin most merciful...

Virgin most faithful...

Mirror of justice...

Seat of wisdom...

Cause of our joy...

Spiritual vessel...

Vessel of honor...

Singular vessel of devotion... (*continued*→)

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Mystical rose... *Pray for us.*

Tower of David... [*^repeat^*]

Tower of ivory...

House of gold...

Ark of the covenant...

Gate of Heaven...

Morning star...

Health of the sick...

Refuge of sinners...

Comforter of the afflicted...

Help of Christians...

Queen of angels...

Queen of patriarchs...

Queen of prophets...

Queen of apostles...

Queen of martyrs...

Queen of confessors...

Queen of virgins...

Queen of all saints...

Queen conceived without Original Sin...

Queen assumed into Heaven...

Queen of the holy Rosary...

Queen of families...

Queen of peace...

Lamb of God, Who takest away the sins of the world...

*Spare us, O Lord.*

Lamb of God, Who takest away the sins of the world...

*Graciously spare us, O Lord.*

Lamb of God, Who takest away the sins of the world...

*Have mercy on us.*

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

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

*[General Loreto Litany Closing:]* Let us pray.

Grant, we beseech Thee, O Lord God, that we Thy servants may enjoy perpetual health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enjoy everlasting happiness. Through Christ Our Lord. Amen.

*[Loreto Litany Closing during Advent:]* Let us pray.

O God, you willed that, at the message of an angel, your word should take flesh in the womb of the Blessed Virgin Mary; grant to your suppliant people, that we, who believe her to be truly the Mother of God,

may be helped by her intercession with you.

Through the same Christ our Lord. Amen.

*[From Christmas to the Presentation:]* Let us pray.

O God, by the fruitful virginity of Blessed Mary, you bestowed upon the human race the rewards of eternal salvation; grant, we beg you, that we may feel the power of her intercession, through whom we have been made worthy to receive the Author of life, our Lord Jesus Christ your Son, who lives and reigns with you forever and ever. Amen.

*[Litany Closing during the Easter Season:]* Let us pray.

God, who by the Resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world, grant, we beg you, that through the intercession of the Virgin Mary, his Mother, we may attain the joys of eternal life. Through the same Christ our Lord. Amen.

### ***The Canticle of Mary – The Magnificat (Luke 1:46-55)***

+ 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.

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.

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