

# Prayers by Grade

## Arlington Diocese Standards of Learning

Grade to Learn	Name of Prayer/Devotion	Prayers
K/1 <sup>st</sup> +	The Sign of the Cross	To make the Sign of the Cross, use your right hand to touch your forehead and say, "In the Name of the Father," then touch your heart/chest "and of the Son." Next touch the front of your left then right shoulders and say, "and of the Holy Spirit. Amen."
K/1 <sup>st</sup> +	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.
K/1 <sup>st</sup> +	The Angel of God	Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side to light, to guard, to rule, and guide. Amen.
1 <sup>st</sup> +	<b>When/How to Genuflect</b>	<p>1) A genuflection is made by bending the right knee to the ground (while facing the Blessed Sacrament)</p> <p>2) We genuflect when we pass before the Blessed Sacrament, and when we enter/exit our pews at church (when the Blessed Sacrament is reserved in the tabernacle)</p> <p>3) When the Blessed Sacrament is exposed (in a Monstrance for public adoration), then we kneel on both knees</p> <p><i>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."</i></p>
1 <sup>st</sup> +	The Our Father The Lord's Prayer	<p>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.</p>
1 <sup>st</sup> +	The Hail Mary	<p>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.</p>
1 <sup>st</sup> +	The Sign of the Cross	<p><b>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."</b></p> <p><b><i>This prayer recalls the mystery of the Trinity and traces the Cross of Christ over the one who prays.</i></b></p>
1 <sup>st</sup> +	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.
1 <sup>st</sup> +	Grace After Meals	We give Thee thanks for all Thy benefits, O Almighty God, Who livest and reignest, world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.
1 <sup>st</sup> +	Spiritual Communion	My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated

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		from You.
2 <sup>nd</sup> +	The Act of Contrition	O my God, I am heartily sorry for having offended thee. 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.
2 <sup>nd</sup> +	<b>Short Prayers to Memorize</b>	Jesus, Mary, and Joseph. I love you, save souls! Jesus in the Blessed Sacrament, have mercy on us! O Heart of Jesus, I place my trust in Thee. My Lord and My God. O Sacrament most holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine.
2 <sup>nd</sup> +	<b>Words of Absolution (sometimes in grade 3)</b>	<b>What is necessary: "I absolve you from your sins, in the Name of the Father, and of the Son, and of the Holy Spirit."</b> God, the Father of mercies through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit.
3 <sup>rd</sup> +	<b>St. Michael (the Archangel) Prayer</b>	St. Michael, the Archangel, defend us in the 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, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.
3 <sup>rd</sup> +	<b>Mass Responses</b>	<b>(Bold responses are "age-appropriate" for memorization):</b> <b>Greeting</b> Priest: in the Name of the Father, and of the Son, and of the Holy Spirit. Assembly: [Make the Sign of the Cross] <b>Assembly: Amen.</b> Form A Priest: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. <b>Assembly: And with your spirit.</b> Form B Priest: Grace to you and peace from God our Father and the Lord Jesus Christ. <b>Assembly: And with your spirit.</b> Form C Priest: The Lord be with you. (Bishop: Peace be with you.) <b>Assembly: And with your spirit.</b>
3 <sup>rd</sup> +	<b>Penitential Act</b>	<b>Form A</b> 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. <b>Form B</b>

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		<p>Priest: Have mercy on us, O Lord.          Assembly: For we have sinned against You.          Priest: Show us, O Lord, your mercy.          Assembly: And grant us Your salvation.</p> <p><b>Form C</b>          Priest: Lord, have mercy.  <b>Assembly: Lord, have mercy.</b>          Priest: Christ, have mercy.  <b>Assembly: Christ, have mercy.</b>          Priest: Lord, have mercy.  <b>Assembly: Lord, have mercy.</b></p>
3 <sup>rd</sup> +	<b>Gloria (omitted during Advent and Lent)</b>	<p>Assembly: 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.</p>
3 <sup>rd</sup> +	<b>Response to Biblical Readings</b>	<p>After First and Second Reading:          Reader: The Word of the Lord  <b>Assembly: Thanks be to God.</b></p> <p>Gospel Acclamation:  <b>Assembly: Alleluia (this is omitted during Lent)</b></p>
3 <sup>rd</sup> +	<b>Gospel Dialogue</b>	<p>Priest (or Deacon): The Lord be with you.  <b>Assembly: And with your spirit.</b>          Priest (or Deacon): A reading from the holy Gospel according to _____.  <b>Assembly: Glory to You, O Lord.</b></p>
3 <sup>rd</sup> +	<b>Profession of Faith (Nicene Creed)</b>	<p>Assembly: 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 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.</p>
3 <sup>rd</sup> +	<b>Invitation to Prayer</b>	<p>Priest: Pray, brethren ... acceptable to God, the almighty Father.  <b>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.</b></p>
3 <sup>rd</sup> +	<b>Preface Dialogue</b>	<p>Priest: The Lord be with you.  <b>Assembly: And with your spirit.</b></p>

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		<p>Priest: Lift up your hearts.  <b>Assembly: We lift them up to the Lord.</b>          Priest: Let us give thanks to the Lord our God.  <b>Assembly: It is right and just.</b></p>
3 <sup>rd</sup> +	<b>Preface Acclamation (Holy, Holy, Holy)</b>	<p><b>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.</b></p>
3 <sup>rd</sup> +	<b>The Mystery of Faith</b>	<p>Priest: The mystery of faith.          Assembly (learn the one used at your parish):  <b>Form A—We proclaim Your Death, O Lord, and profess Your Resurrection until You come again.</b>  <b>Form B—When we eat this Bread and drink this Cup, we proclaim Your Death, O Lord, until You come again.</b>  <b>Form C—Save us, Savior of the world, for by Your Cross and Resurrection, You have set us free.</b></p>
3 <sup>rd</sup> +	<b>Doxology</b>	<p>Priest: Through Him, and with Him, and in Him, O God almighty Father, in the unity of the Holy Spirit, all glory and honor is Yours, for ever and ever.  <b>Assembly: Amen.</b></p>
3 <sup>rd</sup> +	<b>The Lord's Prayer (Mass)</b>	<p><b>Assembly: Our Father, Who art in Heaven, Hallowed by Thy Name. Thy Kingdom come.</b>  <b>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.</b>          Priest: ... and the coming of our Savior, Jesus Christ.  <b>Assembly: For the kingdom, the power and the glory are Yours now and for ever.</b></p>
3 <sup>rd</sup> +	<b>Sign of Peace</b>	<p>Priest: The peace of the Lord be with you always.  <b>Assembly: And with your spirit.</b></p>
3 <sup>rd</sup> +	<b>Lamb of God</b>	<p><b>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.</b></p>
3 <sup>rd</sup> +	<b>Invitation to Communion</b>	<p>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.  <b>Assembly: Lord, I am not worthy that You should enter under my roof, but only say the word, and my soul shall be healed.</b></p>
3 <sup>rd</sup> +	<b>Communion</b>	<p>Priest/Minister of Holy Communion (Host): The Body of Christ.  <b>Individual Response: Amen.</b></p> <p>Priest/Minister of Holy Communion (Chalice): The Blood of Christ  <b>Individual Response: Amen.</b></p>
3 <sup>rd</sup> +	<b>Concluding Rites</b>	<p>Priest: The Lord be with you.  <b>Assembly: And with your spirit.</b></p>
3 <sup>rd</sup> +	<b>Final Blessing</b>	<p>Simple Blessing:          Priest: May almighty God bless you, the Father, and the Son, and the Holy Spirit.  <b>Assembly: [make the sign of the cross] Amen.</b></p> <p>Solemn Blessing: We bow and respond Amen to each petition of the blessing.  <b>Assembly: Amen.</b></p>
3 <sup>rd</sup> +	<b>Dismissal</b>	<p>Priest (or Deacon): Go forth, the Mass is ended.</p>

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		<p>OR</p> <p>Go and announce the Gospel of the Lord.</p> <p>OR</p> <p>Go in peace, glorifying the Lord by your life.</p> <p>OR</p> <p>Go in peace.</p> <p><b>Assembly: Thanks be to God.</b></p>
4 <sup>th</sup> +	<b>Act of Faith</b>	O my God! I firmly believe that Thou art One God in Three Divine Persons, the Father, the Son, and the 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 which the Holy Catholic Church teaches, because Thou has revealed them, Who canst neither deceive nor be deceived. Amen.
4 <sup>th</sup> +	<b>Act of Hope</b>	O my God! Relying on Thine 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.
4 <sup>th</sup> +	<b>Act of Charity</b>	O my God! I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all my love. I love my neighbor as myself for love of Thee. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.
5 <sup>th</sup> +	<b>Apostles' Creed</b>	<p>I believe in God, the Father almighty, creator of Heaven and earth. I believe in Jesus Christ, His only Son, our Lord.</p> <p>He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day, he rose again. He ascended into Heaven and is seated at the right hand of the Father. He will come again 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 the life everlasting. Amen.</p>
5 <sup>th</sup> +	<b>Fatima Prayer</b>	O My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy. Amen.
5 <sup>th</sup> +	<b>Hail Holy Queen</b>	Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy 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. Amen.
5 <sup>th</sup> +	<b>Mysteries of the Rosary:</b>	<p><b>Joyful Mysteries</b></p> <ol style="list-style-type: none"> <li>1. The Annunciation of the Lord to Mary</li> <li>2. The Visitation of Mary to Elizabeth</li> <li>3. The Nativity of our Lord, Jesus Christ</li> <li>4. The Presentation of our Lord in the Temple</li> <li>5. Finding the Child Jesus in the Temple (Age 12)</li> </ol> <p><b>Luminous Mysteries</b></p> <ol style="list-style-type: none"> <li>1. The Baptism of Jesus in the Jordan</li> <li>2. The Wedding at Cana</li> <li>3. The Proclamation of the Kingdom</li> </ol>

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		<p>4. The Transfiguration 5. The Institution of the Eucharist</p> <p><b>Sorrowful Mysteries</b></p> <p>1. The Agony of Jesus in the Garden 2. The Scourging at the Pillar 3. Jesus is Crowned with Thorns 4. Jesus Carried the Cross 5. The Crucifixion of our Lord</p> <p><b>Glorious Mysteries</b></p> <p>1. The Resurrection of Jesus Christ 2. The Ascension of Jesus into Heaven 3. The Descent of the Holy Spirit at Pentecost 4. The Assumption of Mary into Heaven 5. Mary is Crowned as Queen of Heaven and Earth</p>
6 <sup>th</sup> +	<b>Divine Mercy Chaplet</b>	<p>Begin with the Sign of the Cross. Pray one Our Father, one Hail Mary, and one Apostle's Creed. <i>For each decade on the Rosary beads pray:</i> On the Large Beads: 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. On the small beads: For the sake of His sorrowful passion, have mercy on us, and on the whole world. Conclude by saying three times: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. End with the Sign of the Cross</p>
7 <sup>th</sup> +	<b>Angelus</b>	<p>The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit. 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. Behold the handmaid of the Lord: Be it done unto 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.</p>
7 <sup>th</sup> +	<b>Memorare</b>	<p>Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by 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</p>

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		Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.
7 <sup>th</sup> +	<b>Stations of the Cross</b>	<ol style="list-style-type: none"> <li>1. Jesus is Condemned to Death</li> <li>2. Jesus Carries His Cross</li> <li>3. Jesus Falls the First Time</li> <li>4. Jesus Meets His Blessed Mother</li> <li>5. Simon of Cyrene Helps Jesus Carry His Cross</li> <li>6. Veronica Wipes the Face of Jesus</li> <li>7. Jesus Falls the Second Time</li> <li>8. Jesus Speaks to the Women of Jerusalem</li> <li>9. Jesus Falls the Third Time</li> <li>10. Jesus is Stripped of His Garments</li> <li>11. Jesus is Nailed to the Cross</li> <li>12. Jesus Dies on the Cross</li> <li>13. Jesus is Taken Down from the Cross</li> <li>14. Jesus is Laid in the Tomb</li> </ol> <p>We adore Thee, O Christ, and we praise Thee. Because by Thy Holy Cross, Thou has redeemed the world.</p>
8 <sup>th</sup> +	<b>Come Holy Spirit</b>	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 shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.
8 <sup>th</sup> +	<b>Divine Praises</b>	<p>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.</p>
8 <sup>th</sup> +	<b>Optional: Prayer for Holiness</b>	Breath in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love only what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me so, O Holy Spirit, that I may always be holy. Amen.