

Saint Bede
Religious Education



Student Prayer Booklet

Kindergarten:

- † Sign of the Cross*
- † Our Father*
- † Hail Mary*

1st Grade and Pre-Sac I:

- † The above *prayers +
- † Glory Be*
- † Grace Before Meals*
- † Grace After Meals*

2nd Grade and Pre-Sac II:

- † All of the above *prayers +
- † Prayer of Sorrow*
- † Mass Prayers and Responses

3rd Grade:

- † All of the above *prayers +
- † Apostle's Creed*
- † Ten Commandments*
- † Prayer to the Holy Spirit*

4th Grade:

- † All of the above *prayers +
- † The Great Commandment*
- † Beatitudes*
- † Nicene Creed*

5th Grade:

- † All of the above *prayers +
- † Corporal Works of Mercy
- † Spiritual Works of Mercy
- † Mysteries of the Rosary*

6th Grade:

- † All of the above *prayers +
- † Gifts of the Holy Spirit*
- † Stations of the Cross*
- † Precepts of the Church

7th Grade and High School I:

- † Seven Sacraments*
- † All of the above *prayers +
- † Acts of Faith, Hope and Love

8th Grade and High School II:

- † All of the above *prayers +
- † Morning Offering
- † The Liturgical Year*

*Indicates prayers students will need to learn. Students will be encouraged to learn, or at least be familiar, with the other prayers.

Sign of the Cross

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

The Lord's Prayer (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.

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.

Glory Be To The Father

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.

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 forever. Amen.

Prayer of Sorrow (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.

Mass Prayers/Responses

See Missalettes

Apostle's Creed

I believe in God, the Father Almighty,
creator of heaven and earth
and in Jesus Christ, his only Son, our
Lord.

who 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 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 life everlasting. Amen.

The Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
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 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 anything that belongs to your neighbor.

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.
Amen.

The Great Commandment

"Love God with all your heart, with all
your mind, and with all your strength,
and love your neighbor as yourself"
(Mark 12:30-31).

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 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.

Nicene Creed

I believe in one God,
the Father, the 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.

Corporal Works of Mercy

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

Spiritual Works of Mercy

1. Help others do what is right.
2. Teach the ignorant.
3. Give advice to the doubtful.
4. Comfort those who suffer.
5. Be patient with others.
6. Forgive injuries.
7. Pray for the living and the dead.



The Rosary (Garland of Roses)

The Crucifix Sign of the Cross and
Apostle's Creed

Single Bead Our Father

3 Beads Hail Mary

Single Bead Glory Be and Our
Father

(After each decade of Hail Mary think
about the joyful, luminous, sorrowful,
and glorious events in Jesus' life.)

10 Beads Hail Mary

Single Bead Glory Be and Our
Father

10 Beads Hail Mary

Single Bead Glory Be and Our
Father

10 Beads Hail Mary

Single Bead Glory Be and Our
Father

10 Beads Hail Mary

Single Bead Glory Be and Our
Father

10 Beads Hail Mary

Single Bead Glory Be and Our
Father

The Mysteries of the Rosary

The Joyful Mysteries

1. The Annunciation
2. The Visit of Mary to Elizabeth
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

The Luminous Mysteries

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

The Sorrowful Mysteries

1. The Agony of Jesus 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 Glorious Mysteries

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

Gifts of the Holy Spirit

1. Wisdom - helps us know how God wants us to live.
2. Understanding - helps us be aware of all that God has taught us through Jesus, the Bible, and the Church.
3. Knowledge - helps us to know that God is more important than anything else in life.
4. Right Judgment - helps us make good decisions in our everyday lives.
5. Courage - helps us to be strong when faced with problems.
6. Reverence - helps us to love God more than anything else.
7. Wonder and Awe - helps us to be thankful for all that God creates.

Stations of the Cross

1. Jesus Is Condemned To Death
2. Jesus Accepts The Cross
3. Jesus Falls The First Time
4. Jesus Meets His Mother
5. Simon Takes The Cross
6. Veronica Wipes The Face Of Jesus
7. Jesus Falls The Second Time
8. Jesus Meets The Women
9. Jesus Falls The Third Time
10. Jesus Is Stripped Of His Clothes
11. Jesus Is Nailed To The Cross
12. Jesus Dies
13. Jesus Is Taken Down From The Cross
14. Jesus Is Buried In The Tomb
15. Jesus Rises From The Dead

Precepts of the Church

1. Assist at Mass on Sundays and holy days of obligation. Do no unnecessary physical work on these days.
2. Fast and abstain on the days appointed.
3. Confess serious sins at least once a year.
4. Receive Holy Communion during the Easter season.
5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage.
7. Join in the missionary spirit of the Church.

Seven Sacraments

Sacraments of Initiation:

Baptism
Confirmation
Eucharist

Sacraments of Healing:

Reconciliation
Anointing of the Sick

Sacraments of Vocation:

Matrimony
Holy Orders

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 that the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

Act of Hope

O My God, relying on your infinite goodness 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.

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 love.

I love my neighbor as myself for the love
of you. I forgive all who have
injured me and ask pardon of all
whom I have injured.

Morning Offering

O Jesus, through the immaculate Heart
of Mary

I offer you my prayers, works, joys, and
sufferings 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,
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.

The Liturgical Year (Liturgical Color)

Advent: (Violet, Rose - 3rd Advent)

The liturgical year begins with advent.
Advent is a season of joyful waiting.

Christmas Season: (White)

We celebrate Christ's birthday and the
feast of Mary. Mother of God;
Epiphany, and the Baptism of
Jesus.

Lent: (Violet; Rose - 4th Lent; Red - Palm Sunday)

We prepare for Easter. Lent is a forty
day period of prayer and sacrifice
beginning with Ash Wednesday.

Easter Triduum: (Violet)

The Easter Triduum begins with the
Mass of the Lord's Supper on Holy
Thursday. It continues with the
celebration of the Lord's passion on
Good Friday and the Easter vigil
service on Holy Saturday. Easter is
the greatest feast of the liturgical
year.

Easter Season: (White)

The Church continues to celebrate
Christ's resurrection. Toward the
end of this season we celebrate the
Lord's ascension and prepare for
the great feast of Pentecost that
marks the coming of the Holy Spirit
on the apostles.

Ordinary Time: (Green)

During the Church year there are two
seasons called Ordinary Time. The
first runs from the feast of the Lord's
Baptism to the day before Ash
Wednesday. The second begins
the Monday after the feast of
Pentecost, and ends on the
Saturday before the first Sunday of
Advent. Ordinary Time consists of
thirty-three and thirty-four weeks.
During this time we celebrate all
that Jesus has taught us and
listen to stories about his life.