

APPENDIX I

Prayers

DIOCESE OF WILMINGTON
OFFICE FOR RELIGIOUS EDUCATION
Curriculum Outcomes/Religious Education

Prayers

Individual
grade levels
list prayers
that are age
appropriate

The Sign of the Cross

Mt. 28:19

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

Amen

CCC p. 62, #233

Our Father

Mt. 6:9-13

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

CCC #2759, 2761, 2777-2865

Hail Mary

Lk. 1:28,42

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

CCC #2676-2677

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

CCC #2628

A Morning Prayer

God, our Father, I offer you today all that I think and do and say. I offer it with what was done on earth by Jesus Christ, Your Son.

Amen

CCC #2698

Prayer Before Meals

Bless us, O Lord, and these Your gifts which we are about to receive from Your goodness, through Christ our Lord.

Amen

CCC #2698

Prayer After Meals

We give You thanks, almighty God, for all Your goodness. You live and reign now and forever.

Amen

CCC #2698

Acts of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, 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

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

CCC #1451

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; the third day He rose again from the dead. He ascended into heaven, sits at the right hand of God, the Father almighty. From there 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

CCC pp. 49 & 50

Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, and of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten not made, one in Being with the Father.

Through Him all things were made. For us men and for our salvation He came down from heaven; by the power of the Holy Spirit He was born of the Virgin Mary, and became man.

For our sake He was crucified under Pontius Pilate; He suffered, died, and was buried.

On the third day He rose again in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son He is worshipped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look to the resurrection of the dead, and the life of the world to come.

Amen

CCC pp. 49 & 50.

The Rosary

The Rosary is a meditative prayer. It consists of a series of beads on which we pray traditional prayers such as the Creed, Our Father, Hail Mary and Glory Be while we think about special events in the life of Jesus and Mary,

Begin praying the rosary with the cross. Pray the Sign of the Cross and the Apostle's Creed. On the first bead pray one Our Father, on the next three beads a Hail Mary each and end with Glory Be to the Father.

Begin the first decade by saying one Our Father and then ten Hail Marys on the row of beads following it. After the decade pray one Glory Be to the Father. Continue the remaining decades with an Our Father on each single bead and ten Hail Marys on each row of beads. Conclude each decade with a Glory Be to the Father.

As you pray each decade, think of one of the Joyful, Luminous, Sorrowful, or Glorious Mysteries, or a special event in the life of Jesus and Mary.

The Five Joyful Mysteries (Monday & Saturday)

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

The Five Luminous Mysteries (Thursday)

1. Jesus' Baptism at the Jordan
2. Jesus' Self-manifestation at the Wedding of Cana
3. Jesus' Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

The Five Sorrowful Mysteries (Tuesday & Friday)

1. The Agony 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

The Five Glorious Mysteries (Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Crowning of Mary in Heaven

CCC #2708

Pray the Hail Holy Queen prayer to end the Rosary

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 our exile, show us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

CCC # 2677

Prayer for the Faithful Departed

Eternal Rest grant unto them, O Lord, and let Perpetual Light shine upon them. May they rest in peace.

Amen

CCC #958

Prayer to the Holy Spirit

Come, 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. O God, Who does instruct the hearts of the faithful by the light of the Holy Spirit, grant us by the same Holy Spirit, a love and relish of what is right and just, and a constant enjoyment of His comforts. Through Christ our Lord.

Amen

CCC #2671

The Way of the Cross (Stations)

The Way of the Cross commemorates the passion, death, and resurrection of our Lord, Jesus Christ.

1. Jesus is condemned to die.
2. Jesus takes up His cross.
3. Jesus falls the first time.
4. Jesus meets His Mother.
5. Simon helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem who mourn for him.
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.

Amen

CCC #2669

Act of Faith

Oh 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. In this faith I desire to live and die.

Amen

Act of Hope

O my God, trusting in Your promises and the infinite merits of Jesus Christ, our Redeemer, I hope for the pardon of my sins and the graces I need to serve You faithfully on earth, and to obtain eternal life in heaven.

Amen

Act of Love

O my God, I love You above all things with my whole heart and soul, because You are infinitely good and deserving of all my love. I love my neighbor as myself for the love of You.

Amen

CCC #2656-2658

Magnificat

My soul proclaims the greatness of the Lord and my spirit rejoices in God my Savior; for he has looked with favor on his lowly servant, and from this day all generations will call me blessed. The Almighty has done great things for me; 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 the conceit of their heart. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and sent the rich away empty-handed. He has come to the help of his servant Israel for he remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever.

Amen

CCC #2619

Prayer of St. Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not seek so much to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.

Amen

CCC #2683, 2684, 2692