

ESSENTIAL PRAYERS/PRACTICES FOR ST. JAMES/SETON SCHOOL STUDENTS

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, 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

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

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

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

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 After Meals

We give you thanks
for these and all your gifts,
Almighty God,
you live and rule forever.
Amen

Act of Contrition (Grades 1-3)

O my God, I am sorry for my sins.
In choosing to sin and failing to do good,
I have sinned against You and Your Church.
I firmly intend, with the help of Your Son,
to do penance and to sin no more.
Amen

Act of Contrition (Grades 4-8)

O my God, I am heartily sorry for having offended You, and 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 sin no more and to avoid the near occasions of sin.
Amen

The Seven Sacraments

Baptism
Reconciliation
Eucharist
Confirmation
Anointing of the Sick
Marriage
Holy Orders

The Ten Commandments

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.

Apostles' Creed

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

Hail Holy Queen

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 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 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 worthy of the promises of Christ.
Amen

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and for the intention of the Holy Father.
Amen

Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, 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.

(Bow head)

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 worshiped 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 for the resurrection of the dead, and the life of the world to come.
Amen

The Stations of the Cross

1. Jesus is condemned to die.
2. Jesus takes up the cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the 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

Mysteries of the Rosary: Joyful Mysteries

The Annunciation
The Visitation
The Nativity
The Presentation
Finding Jesus in the Temple

Sorrowful Mysteries

The Agony in the Garden
The Scourging
Crowning with Thorns
Carrying the Cross
The Crucifixion

Glorious Mysteries

The Resurrection
The Ascension
The Coming of the Holy Spirit
The Assumption
The Coronation of Mary as Queen of Heaven

Luminous Mysteries

Baptism of the Lord
Wedding at Cana
Proclamation of the Kingdom
Transfiguration
Institution of the Eucharist

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come; before you I stand sinful and sorrowful. Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.
Amen

Cardinal Virtues

Prudence
Justice
Fortitude
Temperance

Precepts of the Church

Specific duties expected of Catholic Christians:

1. Celebrate Christ's resurrection every Sunday and Holy Day of Obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of Reconciliation regularly. We must receive Holy Communion at least once a year at Lent/Easter time. If we have committed serious, or mortal, sin, we must confess before receiving Holy Communion.
3. Study Catholic teaching throughout one's life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the Church: one's own parish, the diocese, the worldwide Church, and the Holy Father.
6. Do penance, including not eating meat and fasting from food, on certain days of fast and abstinence.
7. Join in the missionary spirit and work of the Church.

The New Commandment

"Love one another as I have loved you."

Theological Virtues

Faith
Hope
Charity (or Love)

Canticle of Mary

My soul magnifies the Lord,
and my spirit rejoices in God my Savior;
Because He has regarded the lowliness of
His handmaid; for, behold, henceforth
all generations shall call me blessed;
Because He who is mighty has done great
things for me, and holy is His name;
And His mercy is from generation to
generation on those who fear Him.
He has shown might with His arm,
He has scattered the proud in the conceit of
their heart.

He has put down the mighty from their thrones,
and has exalted the lowly.
He has filled the hungry with good things,
And the rich He has sent away empty.
He has given help to Israel, His servant,
mindful of His mercy---
Even as He spoke to our fathers---
to Abraham and to his posterity forever.

The Fatima Prayer

O my Jesus, forgive us our sins,
save us from the fires of hell.
Lead all souls into heaven,
especially those most in need of
Thy mercy. Amen

The 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;
where there is sadness, joy;

Grant that I may not so much seek
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,
it is in dying that we are born to
eternal life.

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 unto me according to your 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 beg you, O Lord,
Your grace into our hearts: that we, to whom
the Incarnation of Christ Your 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