



Junior High

PRAYERS I SHOULD KNOW:

Sign of the Cross-----
Our Father-----
Hail Mary-----
Glory Be to the Father-----
Act of Contrition-----
Grace Before Meals-----
Grace After Meals-----
Angel of God-----
Apostles Creed-----
Mysteries of the Rosary-----
Morning offering-----
Act of Faith-----
Act of Hope-----
Act of Love-----
Hail Holy Queen-----
Episcopal Blessing-----

PRAYERS I NEED TO LEARN:

Eternal Rest-----
I Confess-----
Memorare-----
Come Holy Spirit-----
Angelus-----

BONUS PRAYERS I SHOULD KNOW:

Magnificat-----
Stations of the Cross-----
Divine Praises-----

PRAYERS I SHOULD KNOW:

Sign of the Cross

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

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.

Act of Contrition

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 make up for my sins
And to love as I should. Amen.

Grace Before Meals

Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ our Lord. Amen.

Grace After Meals

We give you thanks for all your benefits, O almighty God. Who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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.

The 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.

THE ROSARY:

The Five Joyful Mysteries (used on Monday and the Sundays of Advent.)

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 Sorrowful Mysteries (used on Tuesdays, Fridays and the Sundays of Lent)

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 of Jesus

The Five Luminous Mysteries (used on Thursdays)

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

The Five Glorious Mysteries (used on Wednesdays, Saturdays and Sundays)

1. The Resurrection
2. The Ascension
3. The Holy Spirit comes down upon the Apostles
4. The Assumption of Mary
5. The Coronation of Mary, Queen of Heaven and Earth

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all 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, and for the intentions of all the faithful. Amen.

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

Act of Hope

O my God, relying on you 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. Amen.

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 my 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. Amen.

Hail Holy Queen

Hail Holy Queen, Mother of Mercy;
Hail 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 unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary! Amen.

Episcopal Blessing

Blessed be the Name of the Lord,
Now and forever.
Our help is in the Name of the Lord.
Who made heaven and earth.

PRAYERS I NEED TO LEARN:

Eternal Rest

Eternal rest grant to them, O Lord,
And let perpetual light shine upon them.
May their soul and the souls of all the
Faithful departed, rest in peace. Amen

I Confess (Confiteor)

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done, and in what I have failed to do; and 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. Amen.

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. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, here and answer me. Amen.

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your divine love.

v. Send forth your Spirit and they shall be created.

r. 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 your faithful, grant that by the same Holy Spirit, we may be truly wise, and ever rejoice in your consolation.

Through Christ our Lord. Amen.

Angelus

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

Hail Mary, full of grace.... *Holy Mary, Mother of God...*

Behold the handmaid of the Lord. *Be it done to me according to your word.*

Hail Mary, full of grace... *Holy Mary, Mother of God...*

And the Word was made flesh. *And dwelt among us.*

Hail Mary, full of grace... *Holy Mary, Mother of God...*

Pray for us, O holy Mother of God. *That we may be worthy of the promises of Christ.*

Let us pray:

Pour forth, we beseech 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.

BONUS PRAYERS I SHOULD KNOW:

Magnificat

My being proclaims the greatness of the Lord. My spirit finds joy in God my savior. For he has looked upon his servant in her lowliness. All ages to come shall call me blessed. God, who is mighty has done great things for me, holy is his name. His mercy is from age to age on those who fear him. He has shown might with his arm. He has confused the proud in their inmost thoughts. He has deposed the mighty from their thrones and raised the lowly to high places. The hungry he has given every good thing, while the rich he has sent away empty. He has upheld Israel his servant, ever mindful of his mercy. Even as he promised our fathers, Abraham and his descendants forever.

Stations of the Cross

1. Jesus is condemned to death
2. Jesus bears his cross
3. Jesus falls the first time
4. Jesus meets his mother
5. Simon of Cyrene helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls a second time.
8. Jesus meets the women of Jerusalem
9. Jesus falls a 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 placed in the tomb

JESUS RISES FROM THE DEAD

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 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.