Basic Teachings and Prayer Booklet for Families

St. Francis Xavier Faith Formation

“Gather the children in this wild country and teach them what they should know for salvation. Teach them their catechism, how to sign themselves with the sign of the cross and how to approach the sacraments. That is what I wish you to do. Go and I will help you.”

The Virgin Mary to Sr. Adele, Our Lady of Good Help

Dear Parents, this resource was compiled to help you put into practice some basic prayers and teachings of the Catholic Faith within your family. These prayers and teachings were chosen to give you some practical benchmarks for teaching your children. Please work on these prayers and teachings with your children. Beginning Fall of 2020, the goal is to have each grade memorize their prayers/teachings for that year by January of the Faith Formation year. This booklet will hopefully be a tool for you in being the primary educators of your children. The items that were chosen have been divided up by age/grade level. One goal of Faith Formation is to work together with you, the parents, to give the students these basics of the Catholic Faith. Since this is a new guideline for our parish, I recommend all families begin at the youngest level and work up to the level of your child(ren). I have found that repetition, visual aids and song is easiest for children to memorize things.

Why memorization? To give a little background of the Catholic Church’s belief on the importance of memorization of teachings and prayers for children, the National Catechetical Directory stresses the need for memorization in catechetics in a section on elements of catechetical methodology.

*“In every age and culture Christianity has commended certain prayers, formulas, and practices to all members of the faith community, even the youngest. While catechesis cannot be limited to the repetition of formulas and it is essential that formulas and facts pertaining to faith be understood, memorization has nevertheless had a special place in the handing-on of the faith throughout the ages and should continue to have such a place today, especially in catechetical programs for the young”.*

*National Catechetical Directory, # 176*

In the Apostolic Exhortation on Catechetics by Pope John Paul II, “Catechesi Tradendae”, it points out the need for memorizing teachings and prayers to bring about a fuller Christian life. This balance is “between reflection and spontaneity, between dialogue and silence, between written work and memory work”. In the final lines of this section (55) the Holy Father makes this point:

*“What is essential is that the texts that are memorized must at the same time be taken in and gradually understood in depth, in order to become a source of Christian life on the personal level and the community level”.*

A word of caution, the Holy Father warns against the misuse of memorization.

*“We are all aware that this method can present certain disadvantages, not the least of which is that is lends itself to insufficient, or at times almost non-existent assimilation reducing all knowledge to formulas that are repeated without being properly understood” (55).*

Unfortunately, relying totally on rote memorization without proper explanation and lived experience can lead to an empty and unfulfilling faith life. Therefore, it is imperative for families to incorporate these prayers and beliefs into their daily lived experience. Nonetheless we recognize that memorizing is an essential part of sacramental preparation and spiritual growth. By incorporating memorization, children can understand their faith, and articulate to others their understanding because they have been given the language to express it.

Each child should have the previous grades prayers or facts memorized before moving on. Please work on the things from past grades that your child may not have mastered yet.

**Preschool : Ages 3-5**

**Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen

**Genuflection:** How do you genuflect? Bend with your right leg until your knee touches the floor and then come back up. You may say a short prayer, like “Jesus, I adore you”, while you genuflect. When do you genuflect? When you are in the presence of the Eucharist, especially in the tabernacle. The usual time that you genuflect is before entering a pew at Church. When going to Blessed Adoration you genuflect onto both knees. Why do you genuflect? To show a sign of respect to Christ our King. In history knights have shown respect to kings by genuflecting on one knee before them.

**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

**Kindergarten: Ages 5-6**

**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.

**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.

**Hail Mary:** Hail, Mary, full of grace! The Lord is with thee. Blessed are 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.

**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.

**1st Grade: Ages 6-7**

**Saint Michael Prayer:** Saint Michael the Archangel, Defend us in 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 host, by the power of God, cast into hell Satan and all the evil spirits that prowl about the world seeking the ruin of souls. Amen

**The Memorare:** Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, we fly unto thee, O Virgin of virgins, our Mother. To thee we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer us. Amen.

**2nd Grade: Ages 7-8**

**Act of Contrition:** My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sin against you whom I should love above all things. I firmly intend, with your help to do penance, to sin no more and avoid whatever leads me to sin. Our Savior, Jesus Christ suffered and died for us, in His name my God have mercy. 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 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 anything that belongs to your neighbor.

**Seven Sacraments:**

Sacraments of Initiation Sacraments of Healing Sacraments of Vocation

Baptism Reconciliation Holy Matrimony

Confirmation Anointing of the Sick Holy Orders

Eucharist

**3rd Grade: Ages 8-9**

**Apostles Creed:** I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. Who was conceived by the power of the Holy Spirit and born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and way 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 God the Father Almighty from thence 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 the life everlasting. Amen

**The Angelus:** *(This is a typically done as a call and response prayer, but can be prayed alone)*

*\*Traditionally, the Angelus is prayed at 6am, noon and 6pm and church bells are rung as a reminder. A fun family tradition would be to find a small handheld bell and ring it before you prayer the prayer.*

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

*\*Hail Mary, etc.*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

*\*Hail Mary, etc.*

V. And the Word was made Flesh.

R. And dwelt among us.

*\*Hail Mary, etc.*

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

V. LET US PRAY

All: 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.

**4th Grade: Ages 9-10**

**4 Marks of the Church:**

The church is One, Holy, Catholic, and Apostolic

**The Rosary**

**Mysteries of the Rosary:** *(Each set of mysteries can be said on any day, but there is a recommended day to pray them.)*

Joyful Mysteries: *(Monday and Saturday)* 1. The Annunciation 2. The Visitation 3. The Nativity 4. The Presentation 5. Finding of Jesus in the Temple

Luminous Mysteries: *(Thursday)* 1. The Baptism of Jesus 2. The Wedding at Cana 3. The Proclamation of the Kingdom 4. The Transfiguration 5. The Institution of the Eucharist

Sorrowful Mysteries: *(Tuesday and 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

Glorious Mysteries: *(Wednesday and Sunday)* 1. The Resurrection 2. The Ascension of Jesus 3. The coming of the Holy Spirit 4. The Assumption of Mary 5. The Coronation of Mary as Queen of Heaven and Earth

**To begin praying the Rosary**, start with the Sign of the Cross *(\*Don’t forget to offer your Rosary for an intention/prayer request)*

Apostles Creed *(while on the Cross/Crucifix)* I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. Who was conceived by the power of the Holy Spirit and born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and way 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 God the Father Almighty from thence 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 the life everlasting. Amen

Our Father *(first bead next to the Cross/Crucifix)* and 3 Hail Marys *(next three beads),* 1 Glory Be *(is said on the chain after Hail Mary beads)*

**To Pray the decades:** Announce Mystery then pray: 1 Our Father, 10 Hail Marys, 1 Glory Be, 1 Fatima Prayer *(Glory Be and Fatima Prayer to be said on the chain after the 10 Hail Mary beads)*

Fatima Prayer O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls into Heaven, especially those who are in most need of thy mercy. Amen.

**To finish Rosary:**

Hail Holy Queen *(At the end, on the medal that connects the Rosary)* 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 towards 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. *(End with the Sign of the Cross)*

**5th Grade: Ages 10-11**

**12 Apostles:** Simon, Peter, Andrew, James, John, Philip, Bartholomew, Thomas, James the less, Simon the Canaanite, Thaddius , Judas Iscariot (replaced by Matthias/Matthew)

**Seven Capital Sins:** Pride – Envy – Lust – Sloth – Anger – Gluttony - Greed

**Stations of the Cross:**

1. Jesus is condemned to death.

2. Jesus takes us his cross.

3. Jesus falls the first time.

4. Jesus meets his sorrowful mother.

5. Simon of Cyrene helps Jesus.

6. Veronica wipes the face of Jesus.

7. Jesus falls a second time.

8. Jesus meets the women of Jerusalem.

9. Jesus fall a 3rd time.

10. Jesus is stripped of his clothing.

11. Jesus is nailed to the cross.

12. Jesus dies on the cross.

13. Jesus’ body is removed from the cross.

14. Jesus’ body is placed in the tomb.

**6th Grade: Ages 11-12**

**Works of Mercy:**

Corporal works of Mercy:

1. Feed the Hungry

2. Give drink to the thirsty

3. Clothe the naked

4. Shelter the homeless

5. Visit the sick

6. Visit the imprisoned

7. Bury the dead

Spiritual works of Mercy:

1. Counsel the doubtful

2. Instruct the ignorant in matters of faith

3. Admonish the sinner

4. Comfort the sorrowful

5. Forgive injuries

6. Bear wrongs patiently

7. Pray for the living and the dead.

**Regina Coeli**: (Prayed instead of the Angelus during the Easter Season. *This is a typically done as a call and response prayer, but can be prayed alone.)*

V. Queen of Heaven, rejoice, Alleluia.

R. For He whom you did merit to bear, Alleluia.

V. Has risen as He said, Alleluia.

R. Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin Mary, Alleluia.

R. Because the Lord is truly risen, Alleluia.

V. Let us Pray:

All: O God, who by the Resurrection of Thy Son, Our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, his Mother, we may lay hold of the joys of eternal life. Through this same Christ our Lord. Amen.

**4 Parts of the Mass & the Liturgical Colors/Seasons:**

Introductory Rites: Procession, Sign of the Cross, Opening Prayers

The Liturgy of the Word:

First Reading: taken from the Old Testament (except during the Easter season, then it is taken from Acts of the Apostles)

Responsorial Psalm

Second reading from the letters of the New Testament

Gospel acclamation

Gospel

Homily

Creed

Prayers of the Faithful(petitions)

The Liturgy of the Eucharist: Offertory (bringing up the gifts), Eucharistic prayers, Our Father, Sign of Peace, Lamb of God, Communion

Concluding Rite: Blessing, Dismissal

The Liturgical Seasons:

Season Vestment Color

Advent Violet (Gaudete Sunday: 3rd Sunday-Rose)

Christmas White

Ordinary Time Green

Lent Violet (Laetare Sunday: 4th Sunday-Rose)

Holy Week Violet

Easter Triduum White

Holy Thursday White

Good Friday Red

Holy Saturday/Easter Vigil White

Easter Season White

Ordinary Time Green

**7th Grade: Ages 12-13**

**The Chaplet of Divine Mercy:** *(This is a typically done as a call and response prayer, but can be prayed alone, and use with a set of Rosary beads)*

*"Say unceasingly this chaplet that I have taught you. Anyone who says it will receive great Mercy at the hour of death. Priests will recommend it to sinners as the last hope. Even the most hardened sinner, if he recites this Chaplet even once, will receive grace from My Infinite Mercy. I want the whole world to know My Infinite Mercy. I want to give unimaginable graces to those who trust in My Mercy...."*

Begin with the Sign of the Cross *(on the Cross/Crucifix)*

*(\*Don’t forget to offer your Chaplet for an intention/prayer request)*

(On First bead next to Cross/Crucifix)

V: O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us,

R: I trust in You!

*(Repeat 3x)*

*(On three Hail Mary Beads)*

1 Our Father, 1 Hail Mary and The Apostles Creed

Decades: *(Repeat for all five decades)*

On the Our Father Bead say the following:

V: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ

R: in atonement for our sins and those of the whole world.

On the 10 Hail Mary Beads say the following:

V: For the sake of His sorrowful Passion,

R: have mercy on us and on the whole world.

Conclude *(repeat 3x): (On the medal)*

V: Holy God, Holy Mighty One, Holy Immortal One

R: have mercy on us and on the whole world.

For more info on the History of this devotion visit http://www.ewtn.com/Devotionals/mercy/backgr.htm

**Precepts of the Church**:

1. To attend Mass on Sundays and other ***holy days of obligations*** and to refrain from work and activities that take away from the sacredness of that day.

2. To confess one’s sins, receiving the sacrament of Reconciliation at least once each year

3. To receive the sacrament of the Eucharist at least during the Easter season

4. To ***abstain*** from eating meat and to observe the days of ***fasting*** established by the Church

5. To help to provide for the material needs of the Church, each according to his own ability. *(Standard suggestion is 10% of income.)*

**Holy Days of Obligation:**

January 1, the solemnity of Mary, Mother of God

*We celebrate and honor Mary as the Mother of Jesus.*

40 days after Easter, the Ascension of Our Lord

*We celebrate Jesus’ ascending into heaven to be with His Father*

August 15, the Assumption of the Blessed Virgin Mary

*We celebrate Mary assumed into heaven body and soul.*

November 1, All Saint Day

*We celebrate all the saints – all those who have died and gone to heaven.*

December 8, Immaculate Conception

*We celebrate that Mary was conceived without original sin.*

December 25, the Nativity of Our Lord

*We celebrate the birth of Jesus, our Savior.*

**Days of Abstinence and Fasting:**

Ash Wednesday and Good Friday are days of Fasting and Abstinence; all the other Fridays of Lent are days of abstinence. We are also encouraged to offer some sort of penance (abstinence or fast) on all Fridays during the year.

Abstinence: All members of the Church who are 14 and older are required to abstain from meat on Fridays. Although, it is good practice for younger children to abstain from meat on Fridays during Lent, it is not required.

Fasting: The fasting required on designated days is eating one full meal and two smaller meals *(which together are not larger than the one full meal)*, and avoid eating between meals. All those who are 18 years old to 60 years old are required to fast. Since there are only two days a year designated for fasting, teens under 18 yrs old are encouraged to practice this discipline if there are no underlying health concerns. Pregnant or nursing women and the ill are excused from fasting.

Fast before Mass: The Church also calls for fasting one hour prior to receiving Communion during Mass. In this case, the fast helps us prepare our mind and heart for the great gift of the Eucharist by doing something physical to help focus our attention. Church law calls for us to avoid all food (including gum) and drink, with the exception of water and medicine, for one hour before receiving Communion.

**8th Grade: Ages 13-14**

**Beatitudes:**

1. Blessed are the poor in spirit, For there’s is the kingdom of heaven.

2. Blessed are they who mourn, For they will be comforted.

3. Blessed are the meek, For they will inherit the land.

4. Blessed are they who hunger and thirst for righteousness, For they will be satisfied.

5. Blessed are the merciful, For they will be shown mercy.

6. Blessed are the clean of heart, For the will see God.

7. Blessed are the peacemakers, For they will be called children of God.

8. Blessed are they who are persecuted for the sake of righteousness, For there is the kingdom of heaven.

**Gifts of the Holy Spirit:**

Wisdom - is the gift of the Holy Spirit which enables us to judge correctly concerning the things of God. Counsel - is the gift of the Holy Spirit through which we receive his light to guide us in practical matters. Understanding - is the gift of the Holy Spirit which gives us insight into the mysteries of faith so that we might live by them.

Knowledge - is the gift of the Holy Spirit which helps us to see God reflected in all creatures and to praise Him in them.

Fortitude - is the gift of the Holy Spirit which gives us Christ-like courage to love God in the face of obstacles, even death.

Piety - is the gift of the Holy Spirit by which we are attracted to reverence God as our Father and all others as His children, our brethren

Fear of the Lord - is the gift of the Holy Spirit which enables the believer to have great awe and reverence for Our Lord, and keeps us from offending Him through sin.

**Fruits of the Holy Spirit:**

Charity— the highest form of love (agape): God’s love in us, directed toward others

Joy— the confident happiness that comes with love

Peace— the inner harmony that comes from living in right relationship with others

Patience— the ability to cope with difficult circumstances

Kindness— sympathy and affection toward others

Goodness— the conviction to do what is right and avoid evil

Generosity— the ability to give freely

Gentleness— the ability to act tenderly

Faithfulness—loyalty to God, relationships, and beliefs

Modesty— respectful dress, speech, and conduct toward others

Self-control—self-discipline and responsible use of freedom

Chastity— living one’s sexuality appropriately according to one’s vocation

**Theological Virtues:** Faith – Hope - Love

**Cardinal Virtues:** Prudence – Temperance – Fortitude - Justice