



Blessed Sacrament Parish

Religious Education Prayer Program

Parents:

Please pick a time to regularly say the prayer assigned to your child's grade with him or her. Teachers begin each class with the same prayer. Pins are awarded in the Spring.

Prayer is generally understood as our conversation with God. Conversations involve both speaking and listening. Developing a prayer life means learning to both speak and listen to God. Sometimes children, with wonderful imaginations, are very comfortable having spontaneous conversations with God. Parents can encourage this by simple expressions of thanks or gratitude to God, as well as requests for help from God and the desire for good things to happen for others. The listening to God can be modeled when we appreciate beautiful things, are awed at special events or allow music and peaceful moments to touch us and share that experience with our children.

The Church has a long tradition of already written prayers that are important for both community worship and private devotion. It is some of these traditional prayers that we want students to know as part of our Catholic faith. These prayers enable people to express some of the core beliefs of Catholicism and Christianity. They are part of our common heritage.

The prayer program identifies prayers that children should know at a certain grade level. Teachers will use the prayer for that grade to open their classes. However, these prayers will only become part of a child's life if they are used at home. So parents should find ways to use the prayers as part of the family's daily routine. Children who know the prayer for their grade at the end of the school year will receive a lapel pin for that year. At the end of five years children could have a complete set of five pins. Each pin is a religious symbol that highlights an element of Catholic faith. To receive the pins students must be able to recite the prayer confidently and know the correct actions that go with the sign of the cross.

Grade One Prayers

The Sign of the Cross

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

Touch your forehead (Father), your heart (Son) and then your left and right shoulders (Holy Spirit), in that sequence while saying the words. The action forms the "Sign of the Cross."

The Doxology (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 will be forever. Amen."

Grade Two Prayers

The Lord's Prayer (Our Father)

“Our Father, who art in heaven, hallowed by 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.”

Act of Contrition

“My God, I am sorry for all my sins. I will sincerely try to do better. Jesus, help me and have mercy on me. Amen.”

Grade Three Prayer

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 hours of our death. Amen.”

Grade Four Prayer

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: 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.”

(This prayer is used every week at Mass and it has been since the 4th century the official expression of what Catholics believe.)

Grade Five Prayer

Come 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. Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.