

ARCHDIOCESE OF CINCINNATI
OFFICE FOR EVANGELIZATION
AND DISCIPLESHIP
PRAYERS AND PRECEPTS



Grades 5-8

Grade 5

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin
Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with 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.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Liturgical Responses

See separate handout.

Cardinal Virtues

Prudence, Justice, Fortitude and Temperance

Liturgical Feasts & Seasons

Advent - four weeks of preparation before the celebration of Jesus' birth

Christmas - recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world

Lent - a six-week period of penance before Easter

Sacred Paschal Triduum - the holiest "Three Days" of the Church's year, where the Christian people recall the suffering, death, and resurrection of Jesus

Easter - 50 days of joyful celebration of the Lord's resurrection from the dead and his sending forth of the Holy Spirit

Ordinary Time - divided into two sections (one span of 4-8 weeks after Christmas Time and another lasting about six months after Easter Time), wherein the faithful consider the fullness of Jesus' teachings and works among his people

Archbishop's Vocations Prayer

Almighty Father, You have created us for some definite purpose. Grant us the grace to know the path You have planned for us in this life and to respond with a generous "Yes." Make our archdiocese, parishes, homes and hearts fruitful ground for Your gift of vocations. May our young people respond to Your call with courage and zeal. Stir among our men a desire and the strength to be good and holy priests. Bless us with consecrated religious and those called to a chaste single life, permanent deacons, and faithful husbands and wives, who are a sign of Christ's love for His Church. We commend our prayer for vocations to You, Father, through the intercession of Mary our Mother, in the Holy Spirit, through Christ our Lord. Amen.

Lead the Rosary

See separate handout.

Angelus

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 Your 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.

Let us pray:

Pour forth, we beseech You, O Lord, Your Grace into our hearts; that as we have known the incarnation of Christ, your Son by the message of an angel, so by His passion and cross we may be brought to the glory of His Resurrection. Through the same Christ, our Lord. 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 my relatives and
friends,
and in particular
for the intentions of the Holy Father.

Amen.

Hail Holy Queen

Hail, holy Queen, Mother of mercy, hail, 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 vale of
tears. Turn then, most gracious Advocate, thine eyes
of mercy toward us, and after this our exile, show
unto us the blessed fruit of thy womb, Jesus, O
merciful, O loving, O sweet Virgin Mary! Amen.

Fatima Decade Prayer

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

Grade 6

Stations of the Cross

1st Station: Jesus is condemned to death

2nd Station: Jesus carries His cross

3rd Station: Jesus falls the first time

4th Station: Jesus meets his mother

5th Station: Simon of Cyrene helps Jesus to carry
his cross

6th Station: Veronica wipes the face of Jesus

7th Station: Jesus falls the second time

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time

10th Station: Jesus clothes are taken away

11th Station: Jesus is nailed to the cross

12th Station: Jesus dies on the cross

13th Station: The body of Jesus is taken down from
the cross

14th Station: Jesus is laid in the tomb

Mysteries of the Rosary

The Joyful Mysteries

1. The Annunciation
2. The Visitation

3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

The Sorrowful Mystery

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

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

The Luminous Mysteries

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

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, I fly unto thee, O Virgin of virgins my

Mother; to thee do I come, before thee I stand,
sinful and sorrowful; O Mother of thy Word
Incarnate, despise not my petitions, but in thy
clemency hear and answer me. Amen.

Prayer to St. Michael

St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness and snares of
the Devil. May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly hosts, by the
power of God, thrust into hell Satan, and all the
evil spirits, who prowl about the world seeking the
ruin of souls. Amen.

Spontaneous Prayer

Spontaneous prayer is prayer without effort or
premeditation; natural and unconstrained;
unplanned.

Liturgy of the Hours (*knowledge of*)

The Liturgy of the Hours, also known as the Divine
Office or the Work of God (*Opus Dei*), is the daily
prayer of the Church, marking the hours of each day
and sanctifying the day with prayer. The Hours are
a meditative dialogue on the mystery of Christ,
using scripture and prayer.

The five Hours of the Divine Office are: Office of Readings, Morning Prayer, Daytime Prayer, Evening Prayer, and Night Prayer.

Grade 7

Precepts of the Church

1. To attend Mass on Sundays and Holy Days of Obligation and resting from servile works
2. To observe the days of abstinence and fasting
3. To confess our sins to a priest, at least once a year
4. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during the Easter Season
5. To contribute to the support of the Church

Holy Days of Obligation

Jan. 1: Solemnity of Mary, Mother of God
Feast of the Ascension (40 days after Easter)
Aug. 15: Assumption of the Blessed Virgin Mary
Nov. 1: All Saints' Day
Dec. 8: Feast of the Immaculate Conception
Dec. 25: Christmas

Beatitudes

Blessed are the poor in spirit,
For theirs is the kingdom of heaven.
Blessed are the meek,
for they shall possess the earth.
Blessed are they who mourn,
for they shall be comforted.
Blessed are they who hunger and thirst for justice,
for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.
Blessed are the clean of heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called children of God.
Blessed are they who suffer persecution for justice'
sake,
for theirs is the kingdom of heaven.
Blessed are you when men reproach you,
and persecute you,
and speaking falsely, say all manner of evil against
you, for My sake.

Capital Sins

Pride
Greed
Lust
Anger
Gluttony
Envy
Sloth

Spiritual Works of Mercy

To instruct the ignorant;
To counsel the doubtful;
To admonish sinners;
To bear wrongs patiently;
To forgive offences willingly;
To comfort the afflicted;
To pray for the living and the dead.

Corporal Works of Mercy

To feed the hungry;
To give drink to the thirsty;
To clothe the naked;
To shelter the homeless;
To visit the sick;
To ransom the captive;
To bury the dead.

Gifts of the Holy Spirit

Wisdom
Understanding
Knowledge
Counsel
Fortitude,
Piety
Fear of the Lord

Prayer to the 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 shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Grade 8

Theological Virtues

Faith, Hope, and Charity

Regina Coeli

Queen of heaven, rejoice. Alleluia.

For He whom thou didst deserve to bear, Alleluia.

Hath risen as He said, Alleluia.

Pray for us to God, Alleluia.

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 His Most Precious Blood.

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.

Lectio Divina (*knowledge of*)

Lectio Divina is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word.

Traditionally, Lectio Divina has four separate steps: read; meditate; pray; contemplate. First a passage of Scripture is read, then its meaning is reflected upon. This is followed by prayer and contemplation on the Word of God.

Chaplet of Divine Mercy

See separate handout.

Litany (*knowledge of*)

A litany is a well-known and much appreciated form of responsive petition, used in public liturgical services, and in private devotions, for common necessities of the Church, or in calamities — to implore God's aid or to appease His just wrath.

Novena (*knowledge of*)

A novena is nine days' of private or public devotion to obtain special graces.