

## *Prayers & Teachings of the Church Requirements*

<p><b>1<sup>st</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● <b>Sign of the Cross</b></li> <li>● <b>Glory Be</b></li> <li>● <b>Grace before Meals</b></li> <li>● <b>Prayer to My Guardian Angel</b></li> </ul>	<p><b>2<sup>nd</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st Grade Prayers: PLUS             <ul style="list-style-type: none"> <li>○ <b>Our Father</b></li> <li>○ <b>Hail Mary</b></li> <li>○ <b>Ten Commandments</b></li> <li>○ <b>Act of Contrition</b></li> </ul> </li> </ul>
<p><b>3<sup>rd</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 2nd Grade Prayers: PLUS             <ul style="list-style-type: none"> <li>○ <b>Apostles' Creed</b></li> <li>○ <b>Parts of the Mass</b></li> <li>○ <b>The Last Four Things</b></li> </ul> </li> </ul>	<p><b>4<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 3rd Grade Prayers: PLUS             <ul style="list-style-type: none"> <li>○ <b>Beatitudes</b></li> <li>○ <b>Liturgical Year</b></li> <li>○ <b>Two Great Commandments</b></li> </ul> </li> </ul>
<p><b>5<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 4th Grade Prayers: PLUS             <ul style="list-style-type: none"> <li>○ <b>Seven Sacraments</b></li> <li>○ <b>Mysteries of the Rosary</b></li> </ul> </li> </ul>	<p><b>6<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 5th Grade Prayers: PLUS             <ul style="list-style-type: none"> <li>○ <b>Hail, Holy Queen</b></li> <li>○ <b>Memorare</b></li> <li>○ <b>St. Michael the Archangel</b></li> </ul> </li> </ul>
<p><b>7<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 6th Grade Prayer: PLUS             <ul style="list-style-type: none"> <li>○ <b>Stations of the Cross</b></li> <li>○ <b>Holy Days of Obligation</b></li> </ul> </li> </ul>	<p><b>8<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 7th Grade Prayers: PLUS             <ul style="list-style-type: none"> <li>○ <b>Marks of the Church</b></li> <li>○ <b>Cardinal Virtues</b></li> <li>○ <b>Theological Virtues</b></li> <li>○ <b>Anima Christi</b></li> </ul> </li> </ul>
<p><b>9<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 8th Grade PLUS             <ul style="list-style-type: none"> <li>○ <b>Corporal Works of Mercy</b></li> <li>○ <b>Spiritual Works of Mercy</b></li> </ul> </li> </ul>	<p><b>10<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 9th Grade Prayers PLUS             <ul style="list-style-type: none"> <li>○ <b>Precepts of the Church</b></li> <li>○ <b>Gifts of the Holy Spirit</b></li> </ul> </li> </ul>
<p><b>11<sup>th</sup> Grade</b></p> <ul style="list-style-type: none"> <li>● 1st - 10th Grade Prayers PLUS             <ul style="list-style-type: none"> <li>○ <b>Fruits of the Holy Spirit</b></li> <li>○ <b>The Seven Capital Sins &amp; The Corresponding Virtues</b></li> </ul> </li> </ul>	

<b>Sign of the Cross</b>	In the name of the Father, Son, and the Holy Spirit, Amen.
<b>Glory Be</b>	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.

<b>Grace Before Meals</b>	Bless us, O Lord, and these your gifts, which we are about to receive from your bounty. Through Christ our Lord. Amen.
<b>Prayer to My Guardian Angel</b>	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.
<b>Our Father</b>	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.
<b>Hail Mary</b>	Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst 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.
<b>10 Commandments</b>	<ol style="list-style-type: none"> <li>1. I am the Lord your God; you shall not have strange gods before Me.</li> <li>2. You shall not take the Name of the Lord your God in vain.</li> <li>3. Remember to keep holy the Lord's day.</li> <li>4. Honor your father and your mother.</li> <li>5. You shall not kill.</li> <li>6. You shall not commit adultery.</li> <li>7. You shall not steal.</li> <li>8. You shall not bear false witness against your neighbour.</li> <li>9. You shall not covet your neighbour's wife.</li> <li>10. You shall not covet your neighbour's goods.</li> </ol>
<b>Act of Contrition</b>	My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.
<b>Apostles' Creed</b>	I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He arose from the dead. He ascended into heaven, sits 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.
<b>Parts of the Mass</b>	Liturgy of the Word & Liturgy of the Eucharist
<b>The Last Four Things</b>	Death, Judgement, Heaven, Hell
<b>Beatitudes</b>	<p>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 pure 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</p>
<b>Liturgical Year</b>	Advent, Christmas, Ordinary Time, Lent, Holy Week, Easter Season
<b>2 Great Commandments</b>	You shall love the Lord your God with your whole heart, with your whole soul, and with your whole mind. AND You shall love your neighbor as thyself.
<b>7 Sacraments</b>	<ol style="list-style-type: none"> <li>1. Baptism</li> <li>2. Eucharist</li> <li>3. Penance</li> </ol>

	<ol style="list-style-type: none"> <li>4. Confirmation</li> <li>5. Anointing of the Sick</li> <li>6. Holy Orders</li> <li>7. Matrimony</li> </ol>
<b>Mysteries of the Rosary</b>	<p>The Five Joyful Mysteries - Monday, Saturday, and Sundays of Advent</p> <ol style="list-style-type: none"> <li>1. The Annunciation</li> <li>2. The Visitation</li> <li>3. The Nativity</li> <li>4. The Presentation in the Temple</li> <li>5. The Finding in the Temple</li> </ol> <p>The Five Sorrowful Mysteries - Tuesday, Friday, and Sundays of Lent</p> <ol style="list-style-type: none"> <li>1. The Agony in the Garden</li> <li>2. The Scourging at the Pillar</li> <li>3. The Crowning with Thorns</li> <li>4. The Carrying of the Cross</li> <li>5. The Crucifixion and Death</li> </ol> <p>The Five Glorious Mysteries - Wednesday and Sundays outside of Lent and Advent</p> <ol style="list-style-type: none"> <li>1. The Resurrection</li> <li>2. The Ascension</li> <li>3. The Descent of the Holy Spirit</li> <li>4. The Assumption</li> <li>5. The Coronation of Mary</li> </ol> <p>The Five Luminous Mysteries - Thursday</p> <ol style="list-style-type: none"> <li>1. The Baptism of Christ in the Jordan</li> <li>2. The Wedding Feast at Cana</li> <li>3. Jesus' Proclamation of the Coming of the Kingdom of God</li> <li>4. The Transfiguration</li> <li>5. The Institution of the Eucharist as a Sacrament</li> </ol>
<b>Hail, Holy Queen</b>	<p>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 toward 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.</p>
<b>Memorare</b>	<p>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 mercy hear and answer me. Amen.</p>
<b>St. Michael the Archangel</b>	<p>Saint Michael, the Archangel, defend us in battle. Be our safeguard 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 who wander the world seeking the ruin of souls. Amen.</p>
<b>Stations of the Cross</b>	<p>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</p>

	<p>12th Station: Jesus dies on the cross</p> <p>13th Station: The body of Jesus is taken down from the cross</p> <p>14th Station: Jesus is laid in the tomb</p>
<b>Holy Days of Obligation</b>	<p>The Nativity of our Lord Jesus Christ, christmas (December 25th)</p> <p>The Solemnity of the Blessed Virgin Mary (January 1st)</p> <p>The Immaculate Conception (December 8th)</p> <p>The Assumption (August 15th)</p> <p>All Saints Day (November 1st)</p>
<b>Marks of the Church</b>	One, Holy, Catholic, & Apostolic
<b>Cardinal Virtues</b>	Prudence, Fortitude, Justice, & Temperance
<b>Theological Virtues</b>	Faith, Hope, & Charity
<b>Anima Christi</b>	Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, cleanse me. Passion of Christ, strengthen me. Oh Good Jesus, hear me. Within your wounds, hide me. Separated from you let me never be. From the evil one, protect me. At the hour of my death, call me. And bid me so that with your saints I may praise your name forever. Amen.
<b>Corporal Works of Mercy</b>	<ol style="list-style-type: none"> <li>1. Feed the Hungry</li> <li>2. Give Drink to the Thirsty</li> <li>3. Clothe the Naked</li> <li>4. Shelter the Homeless</li> <li>5. Visit the Sick</li> <li>6. Visit the Imprisoned</li> <li>7. Bury the Dead</li> </ol>
<b>Spiritual Works of Mercy</b>	<ol style="list-style-type: none"> <li>1. Admonish the sinner</li> <li>2. Instruct the ignorant</li> <li>3. Counsel the doubtful</li> <li>4. Comfort the sorrowful</li> <li>5. Bear wrongs patiently</li> <li>6. Forgive injuries</li> <li>7. Pray for the living and the dead</li> </ol>
<b>6 Precepts of the Church</b>	<ol style="list-style-type: none"> <li>1. To assist at Mass on all Sundays and holy days of obligation</li> <li>2. To confess your sins at least once a year only in case of mortal sin</li> <li>3. To receive Holy Communion during the Easter season</li> <li>4. To keep holy the holy days of obligation</li> <li>5. To fast and abstain on the days appointed</li> <li>6. To contribute to the support of the church</li> </ol>
<b>Gifts of Holy Spirit</b>	Wisdom, Fortitude, Understanding, Counsel, Knowledge, Piety, & Fear of the Lord
<b>Fruits of the Holy Spirit</b>	Charity, Generosity, Joy, Gentleness, Peace, Fidelity, Patience, Modesty, Kindness, Self-Control, Goodness, & Chastity
<b>7 Capital Sins with Corresponding Virtues</b>	<ol style="list-style-type: none"> <li>1. Pride - Humility</li> <li>2. Wrath - Forgiveness</li> <li>3. Greed - Charity</li> <li>4. Lust - Chastity</li> <li>5. Envy - Kindness</li> <li>6. Gluttony - Temperance</li> <li>7. Sloth - Diligence</li> </ol>

