



To assist and encourage parents in their role as the primary educators of the Faith to their children, we are providing a set of expected goals for each elementary grade (1-8). The formal classes of religious education emphasize the academic side of learning and living the Faith that parents can use to build upon at home.

The prayers and lists given in this document should represent a minimum we would suggest you cover with your children in a given year, but we encourage you to seek to do the maximum you can to make your homes truly a school for the teaching and living of our Catholic Faith.

Our Diocese is revising its requirements for the elementary grades. Following is a link to the current policies and guidelines:

http://arlingtondiocese.org/documents/cat_religiouscurriculum.pdf

ST. RAYMOND OF PENAFORT

Basic Catholic Prayers and Lists

Grade and Prayer:

- 1st- The Sign of the Cross
- 1st- Our Father
- 1st- Hail Mary
- 1st- Glory Be
- 1st- Guardian Angel Prayer
- 2nd- Act of Contrition
- 2nd- The Prayer of Fatima
- 3rd- Prayer to St. Michael
- 3rd- Grace before Meals
- 3rd- Thanksgiving after Meals
- 4th- Hail Holy Queen
- 4th- Morning Offering
- 5th- Apostles' Creed
- 5th- Anima Christi
- 5th- The Rosary
- 5th- Confiteor (from Mass)
- 6th- Act of Faith
- 6th- Act of Hope
- 6th- Act of Charity
- 6th- The Angelus
- 6th- Prayer before a Crucifix
- 7th- The Prayer to the Holy Spirit ("Come Holy Spirit, fill the hearts...")
- 7th- Gloria (from Mass)
- 8th- Memorare
- 8th- Nicene Creed (from Mass)

Grade and List:

- 2nd- The Ten Commandments
- 3rd- The Seven Sacraments
- 4th- The Books of the New Testament
- 4th- The Three Theological and Four Cardinal Virtues
- 5th- The Names of the Twelve Apostles
- 6th- The Seven Deadly Sins
- 6th- The Beatitudes
- 6th- The Books of the Old Testament
- 7th- The Seven Gifts of the Holy Spirit
- 7th- The Twelve Fruits of the Holy Spirit
- 8th- The Corporal Works of Mercy
- 8th- The Spiritual Works of Mercy
- 8th- The Precepts of the Church

PRAYERS

THE 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.*

PRAYER TO MY GUARDIAN ANGEL

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.*

HAIL MARY

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

ACT OF CONTRITION

Oh my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishments; but most of all because they have offended thee, My God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more and to avoid the near occasion of sin. *Amen.*

THE PRAYER OF FATIMA

O my Jesus, forgive us our sins, save us from the fires of Hell, and lead all souls to Heaven, especially those in most need of Thy mercy. *Amen.*

PRAYER TO SAINT MICHAEL

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 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.*

GRACE (PRAYER) BEFORE MEALS

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

THANKSGIVING AFTER MEALS

We give Thee thanks for all Thy benefits O Almighty God Who lives and reigns forever and ever. *Amen.*

HAIL HOLY QUEEN

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 vale 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!

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary I offer thee all my prayers, works, joys, and sufferings of this day for all the intentions of Thy 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 associates, and in particular for the those recommended by the Holy Father this month. *Amen.*

APOSTLES' CREED

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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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 life everlasting. *Amen.*

ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, save me.

Blood of Christ, inebriate me. Water from the side Christ, wash me.

Passion of Christ, strengthen me. O good Jesus, hear me.

Within Thy wounds hide me. Suffer me not to be separated from Thee.

From the malignant enemy defend me. In the hour of my death call me.

And bid me come to Thee. That with Thy saints I may praise Thee forever and ever.

Amen.

THE ROSARY
THE JOYFUL MYSTERIES

The Annunciation

The Visitation

The Nativity

The Presentation

The Finding in the Temple

Prayed on Mondays and Saturdays and on Sundays of Advent and Christmas

THE SORROWFUL MYSTERIES

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

Prayed on Tuesdays and Fridays and on Sundays in Lent

THE GLORIOUS MYSTERIES

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation

Prayed on Wednesdays and Sundays

THE LUMINOUS MYSTERIES

The Baptism of Jesus

The Wedding at Cana

The Proclamation of the Kingdom

The Transfiguration

The Institution of the Holy Eucharist

Prayed on Thursdays

HOW TO SAY THE ROSARY

Begin by making the Sign of the Cross

Hold the crucifix and pray the Apostles' Creed

On the first bead pray the Our Father

On each of the next three beads pray the Hail Mary

Pray the Glory Be

On the next bead announce the first Mystery and pray the Our Father

On each of the next ten small beads pray the Hail Mary while meditating on the
Mystery-

The set of ten beads is called a decade

At the end of the decade pray the Glory Be and the Fatima Prayer

Before each decade announce the next mystery and pray the Our Father on the single
bead

For each set of ten beads pray ten Hail Marys while meditating on the Mystery

Follow each decade with a Glory Be and the Fatima Prayer

After the five decades are completed pray the Hail Holy Queen

End with a Sign of the Cross

CONFITEOR

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and what I have failed to do, (*strike breast*) through my own fault, through my fault, through my most grievous fault; therefore 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.

ACT OF FAITH

O my God, I firmly believe that thou art one God in three Divine Persons: Father, Son, and Holy Spirit. I believe that thy 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 that the Holy Catholic Church teaches, because thou hast revealed them, who can neither deceive or be deceived. *Amen.*

ACT OF HOPE

O my God, relying on thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. *Amen.*

ACT OF CHARITY

O my God, I love thee above all things, with my whole heart and soul, because thou art all good and worthy of all my love. I love my neighbor as myself for the love of thee. I forgive all who have injured me and ask pardon for all whom I have injured. *Amen.*

THE ANGELUS

V. The angel of the Lord declared unto Mary.
R. *And she conceived by the Holy Spirit.*
Hail Mary...

V. Behold the handmaid of the Lord.
R. *Be it done unto me according to thy word.*
Hail Mary...

V. And the Word was made flesh.
R. *And dwelt among us.*
Hail Mary...

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 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.*

PRAYER BEFORE A CRUCIFIX

Look down upon me, good and gentle Jesus, while before Your face I humbly kneel and, with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment; While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said of you, my Jesus; "They have pierced My Hands and My feet, they numbered all My bones." *Amen.*

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.*

GLORIA

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer, you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. *Amen.*

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 the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. *Amen.*

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 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 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.*

LISTS

THE TEN COMMANDMENTS

1. I am the Lord your God; you shall not have strange gods before me
2. You shall not take the name of the Lord in vain
3. Remember to keep holy the Lord's Day
4. Honor your mother and your father
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 your neighbor's good

THE SEVEN SACRAMENTS

Baptism
Confirmation
Eucharist
Penance
Anointing of the Sick
Holy Orders
Matrimony

THE THREE THEOLOGICAL AND FOUR CARDINAL VIRTUES

THEOLOGICAL
Faith Hope Charity
CARDINAL
Prudence Justice Fortitude Temperance

THE NAMES OF THE TWELVE APOSTLES

Peter (Simon)
Andrew
James the Greater
John
Thomas
James the Lesser
Philip
Bartholomew (Nathaniel)
Matthew
Simon
Jude (Thaddeus)
Judas Iscariot

THE SEVEN DEADLY SINS

Pride
Avarice (Greed)
Envy
Wrath (Anger)
Lust
Gluttony
Sloth

THE BEATITUDES

Blessed are the poor in spirit, for theirs is the kingdom of heaven
Blessed are those who mourn, for they shall be comforted
Blessed are the meek, for they shall inherit the land
Blessed are those who hunger and thirst for righteousness, 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 sons of God
Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom
of heaven
Blessed are you when men revile you and persecute you and utter all kinds of evil
against you falsely on my account. Rejoice and be glad for your reward is great in
heaven

THE SEVEN GIFTS OF THE HOLY SPIRIT

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord

THE TWELVE FRUITS OF THE HOLY SPIRIT

Charity
Joy
Peace
Patience
Kindness
Goodness
Generosity
Gentleness
Faithfulness
Modesty
Self-control
Chastity

THE CORPORAL WORKS OF MERCY

Feed the Hungry
Give Drink to the Thirsty
Shelter to the Homeless
Clothe the Naked
Visit the Sick
Visit the Imprisoned
Bury the Dead

THE SPIRITUAL WORKS OF MERCY

Admonish the Sinner
Instruct the Ignorant
Counsel the Doubtful
Comfort the Sorrowful
Bear Wrongs Patiently
Forgive All Injuries
Pray for the Living and the Dead

THE PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.
6. You shall obey the laws of the Church concerning Matrimony.
7. You shall participate in the Church's mission of Evangelization of Souls

THE BOOKS OF THE OLD TESTAMENT

Genesis	Proverbs
Exodus	Ecclesiastes
Leviticus	Song of Songs
Numbers	Wisdom
Deuteronomy	Sirach
Joshua	Isaiah
Judges	Jeremiah
Ruth	Lamentations
1 Samuel	Baruch
2 Samuel	Ezekiel
1 Kings	Daniel
2 Kings	Hosea
1 Chronicles	Joel
2 Chronicles	Amos
Ezra	Obadiah
Nehemiah	Jonah
Tobit	Micah
Judith	Nahum
Esther	Habakkuk
1 Maccabees	Zephaniah
2 Maccabees	Haggai
Job	Zechariah
Psalms	Malachi

THE BOOKS OF THE NEW TESTAMENT

Matthew	1 Timothy
Mark	2 Timothy
Luke	Titus
John	Philemon
The Acts	Hebrews
Romans	James
1 Corinthians	1 Peter
2 Corinthians	2 Peter
Galatians	1 John
Ephesians	2 John
Philippians	3 John
Colossians	Jude
1 Thessalonians	Revelation of John
2 Thessalonians	

<http://youtu.be/1GHIQd-jkXc>

Can also be sung to the tune of "Ten Little Indians".