

ICRS

Immaculate Conception
Regional School

[PRAYER GUIDE FOR FAMILIES]

Prepared by the Archdiocese of Seattle

KINDERGARTEN

SIGN OF THE CROSS

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

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.

GRACE AFTER MEALS

We give thee thanks,
for all thy benefits, Almighty God,
who lives and reigns forever.
And may the souls of the faithful departed,
through the mercy of God, rest in peace.
Amen.

PRAYER TO ONE'S 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

FIRST GRADE

THE 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.

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 (Doxology)

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

PRAYER AT STATIONS OF THE CROSS

We adore you, O Christ, and we praise you,
because by your holy Cross
you have redeemed the world.

SECOND GRADE

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 from the salvation of souls,
In reparation for sins, the reunion of all Christians,
And in particular
for the intentions of thy Holy Father this month.
Amen.

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present
in the Most Blessed Sacrament.
I love you above all things;
and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
Come at least spiritually into my heart
I embrace you as if you were already there and
Unite myself wholly to you.
Never permit me to be separated from you.
Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended thee.
I detest all my sins, because of thy just punishments.
But most of all, because they offend thee, my God,
Who are all good and worthy of all my love
I firmly resolve to avoid all near occasions of sin.
Amen.

ACT OF CONTRITION

(Alternate version from Rite of Penance)
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 who I should love above all things.
I truly 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.
Amen

THIRD GRADE

JESUS' PRAYER

Lord Jesus Christ, Son of the living God,
Have mercy on me, a sinner.

THE 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 again 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.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known
That anyone who fled to your protection, implored your help
Or sought your intercession was left unaided.
Inspired by this confidence, we fly unto you,
O Virgin of Virgins, our Mother.
To you we come. Before you we kneel, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petitions,
But in your clemency, hear and answer them. Amen.

NICENE CREED

We believe in one God, father 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 are 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
worshipped 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.

PRAYER FOR PEACE

(St. Francis Assisi)

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith; where there is despair, hope;

where there is darkness, light; and where there is sadness, joy.

Grant that I might not so much seek to be consoled as to console;

to be understood as to understand, to be loved as to love;

for it is in giving that we receive, it is in pardoning that we are

pardoned, and it is in dying that we are born to eternal life.

GRADE 5

JOYFUL MYSTERIES

The Annunciation

The Visitation

The Nativity

The Presentation in the Temple

The Finding of the Child Jesus after Three

Days in the Temple

PRAYER FOR SOULS IN PURGATORY

Eternal rest grant unto them, O Lord,

And let perpetual light shine upon them.

May the souls of all the faithful departed,

Through the mercy of God, rest in peace.

Amen

QUEEN OF HEAVEN (Regina Caeli)

Queen of heaven, rejoice, alleluia.

The Son whom you were privileged to bear, alleluia,

Has risen as He said, alleluia.

Pray for us to God, alleluia.

Rejoice and be glad, Virgin Mary, alleluia.

For the Lord has truly risen, alleluia.

LET US PRAY

O God, it was by the Resurrection of your Son,

Our Lord Jesus Christ,

That you brought joy to the world.

Grant that through the intercession

Of the Virgin Mary, his Mother,

We may attain the joy of eternal life.

We ask this through Christ, our Lord.

Amen.

GRADE 6

LUMINOUS MYSTERIES

The Baptism at the Jordan
The Miracle at Cana
The Proclamation of the Kingdom and the Call to Conversion
The Transfiguration
The Institution of the Eucharist

PRAYER TO ST. MICHAEL THE ARCHANGEL

St. 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 Heavenly Host, by the
power of God, thrust into hell Satan and all evil spirits who wander
the earth seeking the ruin of souls.
Amen

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from Christ's side, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within thy wounds hide me.
Permit me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come unto thee that I may praise thee with thy saints
and with thy angels forever and ever.
Amen.

GRADE 7

SORROWFUL MYSTERIES

The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Crucifixion

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 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, a loving, a sweet Virgin Mary.
Amen.

PRAYER TO THE HOLY SPIRIT

V. Come, Holy Spirit, fill the hearts of your faithful.
R. And kindle in them the fires of your love.
V. Send forth your Spirit and they shall be created.
R. And you shall renew the face of the earth.
LET US PRAY.
O God, by the light of the Holy Spirit,
You have taught the hearts of your faithful.
In the same Spirit, help us to know what is truly right
And always to rejoice in your consolation.
We ask this through Christ, Our Lord.
Amen.

ANGELUS

V. The angel of the Lord declared unto Mary.

R. And she conceived of 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.
We ask this through the same Christ Our Lord.
Amen.

EIGHTH GRADE

GLORIOUS MYSTERIES

The Resurrection

The Ascension

The Descent of the Holy Spirit at Pentecost

The Assumption of Mary

The Crowning of Blessed Virgin as Queen of Heaven and Earth.

THE 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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

ACT OF FAITH

O my God, I firmly believe that you are one God
On three divine Persons, Father, Son, and Holy Spirit:
I believe that your 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 which the
Holy Catholic Church teaches,
Because you have revealed them,
Who can neither deceive not 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 LOVE

O my God, I love you above all things,
With my whole heart and soul,
Because you are all good and worthy of all my love.
I love my neighbor as myself for the love of you.
I forgive all who have injured me,
And ask pardon of all whom I have injured.
Amen.

NOTES