

## Sacred Heart Cathedral School Prayer List

# Prayers to Learn and Memorize



It is the joint responsibility of the catechists and the parents to teach the following prayers.

“Catechetical programs are not intended to supplant parents as the primary educators of their children.” NDC

## The Sign of the Cross

Mt. 28:19 CCC# 62, 233

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

## Our Father

Mt. 6:9-13 CCC# 2759, 2761, 2777-2865

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.

## Grace Before Meals

Jn. 6:11 Acts 27:35 CCC# 2698

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

CCC# 2698

We give you thanks for all  
your gifts, almighty God,  
living and reigning now and  
forever. *(And may the souls of the  
faithful departed, through the mercy of  
God, rest in peace.)* Amen.

## Hail Mary

Lk. 1:28, 42 CCC#2676-2677

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 hour of our  
death. Amen.

## Doxology (Glory Be)

CCC# 2628

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 to the Guardian Angel**

CCC#328, 329, 336

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.

## **Simple Acts of Faith, Hope, Love**

CCC#2637-2639

Jesus, I believe in You.  
Jesus, I hope in You.  
Jesus, I love You.

## **Simple Morning Offering**

CCC#2698

God, our Father,  
I offer you today  
All that I think  
and do and say.  
I offer it with  
what was done  
On earth by Jesus Christ,  
Your Son.  
Amen.

## **Morning Offering**

Mt. 6:6 CCC# 2698

O, Jesus, through the  
Immaculate Heart of Mary,  
I offer You all 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 our  
associates, and for the general  
intention  
recommended by Pope Benedict  
XVI.  
Amen.

## **Act of Contrition**

CCC# 1451

O my God,  
I am heartily sorry for having  
offended You, and I detest  
all my sins, because of your just  
punishment, but most of all  
because they offend You my  
God, who are all good and  
deserving of all my love.  
I firmly resolve, with the help of  
Your grace to sin no more and  
avoid the near occasions of sin.  
Amen.

## Apostle's Creed

CCC pp.49, 50

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 power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father.

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 the life everlasting. Amen.

## Prayer to the Sacred Heart of Jesus (Form 1)

### **Merciful Jesus,**

I consecrate myself today and always, to your Most Sacred Heart.

I implore that I may ever love You more and more,

Most Sacred Heart of Jesus

I trust in You!

Most Sacred Heart of Jesus

Have Mercy on us!

Sacred Heart of Jesus

I believe in Your love for me,

Jesus, meek and humble of heart,

make my heart like Your Heart.

Amen.

## Nicene Creed

CCC# 49, 50 (said at Mass)

We believe in one God, the Father, the Almighty, maker of heaven and earth, and 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 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.

## Prayer Before the Blessed Sacrament

(Before/After Communion)

Jesus, you are God with us, especially in this sacrament of the Eucharist. You love me as I am and help me grow. Come and be with me in all my joys and sorrows. Help me share your peace and love with everyone I meet.

I ask in your name. Amen.

## Anima Christi

(traditional prayer used after Communion)

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  
Suffer me not to be separated  
from Thee  
From the malicious enemy  
defend me  
In the hour of me 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.

## Act of Faith

CCC# 2656-2658

O my God, I firmly believe that you are one God in 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 revealed them, who can neither deceive nor be deceived.

## Act of Hope

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

## 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 love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured.

## Prayer for Vocations Form 1

Dear God, there is a certain call to do Your work and to serve Your people.

Please help me to learn about that call and get ready to do it. Amen.

## Prayer for My Vocation

Form 2

Dear God, You have a great and loving plan for our world and for me. I want to do my part in your plan. Help me to see the signs that you give me. Open my heart to respond to You.

Grant me the courage to follow your call. Give me the strength to serve You and your people with generosity and love. Amen.

## Serran Prayer for Vocations

(altar server's prayer before serving)

O God who will not the death of a sinner

But rather grant that he be converted and live. Grant, we beseech You, through the intercession of the Blessed Mary, ever Virgin, St. Joseph, her spouse, Blessed Junipero Serra, and all the saints, an increase in laborers for Your Church, Fellow laborers with Christ to spend and consume themselves for souls Through the same Jesus Christ, Your Son, who lives and reigns with you, in the unity of the Holy Spirit, God forever and ever. Amen.

## Prayer for Priests

Dear Lord,

We pray that the Blessed Mother will wrap her mantle around your priests and through her intercession strengthen them for their ministry.

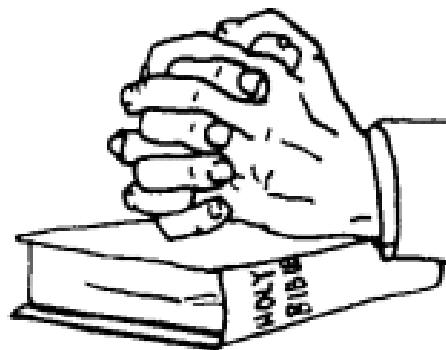
We pray that Mary will guide your priests to follow her own words, "Do whatever he tells you" (John 2:5).

May your priests have the heart of St. Joseph, Mary's most chaste spouse.

May the Blessed Mother's own pierced heart inspire them to embrace all who suffer at the foot of the cross.

May your priests be holy and filled with the fire of your love, seeking nothing but your greater glory and the salvation of souls. Amen

St. John Vianney, pray for us.



## **Confiteor**

CCC#2725 (said at Mass)

I confess to almighty God,  
and to you, my brothers and  
sisters, that I have sinned through  
my own fault in my thoughts and  
in my words, in what I have done,  
and in what I have failed to do;  
and 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. Amen.

## **Prayer to the Holy Spirit**

CCC#2671

Come, Holy Spirit, fill the hearts of  
Your faithful, and enkindle 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 does instruct the  
hearts of the faithful by the light  
of the Holy Spirit, grant us by the  
same Holy Spirit, a love and relish  
of what is right and just, and a  
constant enjoyment of His  
comforts. Through Christ our Lord.  
Amen.

## **Prayer to the Sacred Heart of Jesus** (form 2)

O Sacred Heart of Jesus, filled  
with Infinite Love; broken by our  
ingratitude and pierced by our  
sins; yet loving us still; accept the  
consecration we make to Thee of  
all that we are and all that we  
have. Take every faculty of our  
souls and bodies, only day by day  
draw us nearer and nearer to Thy  
Sacred heart; and there as we  
shall hear the lesson, teach us Thy  
Holy Way-- Amen.

## **Prayer for the Faithful Departed**

(CCC# 958)

Eternal rest grant unto them, O  
Lord, and let Perpetual Light shine  
upon them. May the souls of the  
faithful departed, through the  
mercy of God, rest in peace.  
Amen.

## **Hail Holy Queen**

CCC#2677

Hail, Holy Queen, Mother of  
Mercy, our life, our sweetness and  
our hope! To you do we cry, poor  
banished children of Eve; to you  
do we send up our sighs,  
mourning and weeping in this  
valley of tears. Turn, then, most  
gracious advocate, your eyes of  
mercy toward us, and after this  
our exile, show us the blessed fruit  
of your womb, Jesus. O clement,  
O loving O sweet Virgin Mary!



## The Memorare

CCC#991

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 with this confidence I fly to you, O Virgin of virgins, my mother. To you I come, before you I stand sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions but in your mercy hear and answer me. Amen.

## Prayer of St. Francis for Peace

CCC# 2683,2684,2692

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.  
O Divine Master, grant that I may  
not seek so much 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.  
Amen.

## 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  
Consoler.  
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.

May the heart of Jesus, in the  
most blessed sacrament, be  
praised, adored and loved with  
grateful affection, at every  
moment, in all the tabernacles of  
the world, even to the end of  
time. Amen.

# Stations of the Cross

The Way of the Cross commemorates the passion, death and resurrection of our Lord, Jesus Christ. We can either reflect and pray each station in our own words or use prayers written by others to help deepen our commitment to follow Jesus.

**1. Jesus is condemned to Death.**  
(Pontius Pilate condemns Jesus to death.)

**2. Jesus takes up His Cross.**  
(Jesus willingly accepts and patiently bears his cross.)

**3. Jesus falls the first time.**  
(Weakened by torments and by loss of blood, Jesus falls beneath his cross.)

**4. Jesus meets His Mother.**  
(Jesus meets his mother, Mary, who is filled with grief.)

**5. Simon helps Jesus carry His cross.**  
(Soldiers force Simon of Cyrene to carry the Cross.)

**6. Veronica wipes the face of Jesus.**  
(Veronica steps through the crowd to wipe the face of Jesus.)

**7. Jesus falls the second time.**  
(Jesus falls beneath the weight of the cross a second time.)

**8. Jesus meets the women of Jerusalem.**  
Jesus tells the women not to weep for him, but for themselves and for their children.)

**9. Jesus falls the third time.**  
(Weakened almost to the point of death, Jesus falls a third time.)

**10. Jesus is stripped of His garments.**  
(The soldiers strip Jesus of his garments, treating him as a common criminal.)

**11. Jesus is nailed to the cross.**  
(Jesus' hands and feet are nailed to the cross.)

**12. Jesus dies on the cross.**  
After suffering greatly on the cross, Jesus bows his head and dies.)

**13. Jesus is taken down from the cross.**  
(The lifeless body of Jesus is tenderly placed in the arms of Mary, his mother.)

**14. Jesus is laid in the tomb.**  
(Jesus' disciples place his body in the tomb.)

Sometimes a 15<sup>th</sup> station is included that reflects on the joy of the Resurrection of Jesus.

