

High School Grades 9-12

Prayers

Sign of the Cross

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

Glory Be Prayer

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.

The Lord's Prayer

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.

Meal Prayers

Bless us, O Lord, and these your gifts,
which we are about to receive from your bounty.
Through Christ our Lord. 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 death. Amen.

Guardian Angel Prayer

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,
Rule and guide. Amen.

Act of Contrition

O my God,
I am heartily sorry for
having offended Thee,
and I detest all my sins,
because I dread the loss of heaven,
and the pains of hell;
but most of all because
they offend Thee, my God,
Who are all good and
deserving of all my love.
I firmly resolve,
with the help of Thy grace,
to confess my sins,
to do penance,
and to amend my life. 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; the third day He rose again from the dead;
He ascended into Heaven, and sitteth 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 life everlasting.
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 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.

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 to 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.

Spontaneous Prayer

Practices

Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord God in vain
3. Remember to keep holy the Lord's Day
4. Honor your father and your mother
5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

Reconciliation

1. The priest greets us, and we pray the Sign of the Cross. He invites us to trust in God. He may read God's Word with us.
2. We confess our sins. The priest may help and counsel us.
3. The priest gives us a penance to perform. Penance is an act of kindness or prayers to pray, or both.
4. The priest asks us to express our sorrow, usually by reciting the Act of Contrition.
5. We receive absolution. The priest says, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." We respond, "Amen."
6. The priest dismisses us by saying, "Go in peace." We go forth to perform the act of penance he has given us.

Liturgy of the Word

1. First Reading
2. Responsorial Psalm
3. Second Reading
4. Gospel Acclamation
5. Gospel
6. Homily
7. Profession of Faith (Nicene Creed or Apostles' Creed)
8. Prayers of the Faithful/General Intercessions

Liturgy of the Eucharist

1. Presentation of Gifts/Preparation of the Alter
2. Prayer over the Gifts
3. Eucharistic Prayer

Communion

Receiving of Jesus Christ in the sacrament of the Holy Eucharist.

To receive, you must be free from mortal sin, have a right intention, and obey the Church's laws on the fast required (one hour of all food and drink, except water) before Holy Communion.

Order of Mass

- † Introductory Rites
- † Liturgy of the Word
- † Liturgy of the Eucharist
- † Concluding Rites

Sacraments

- † Baptism
- † Eucharist
- † Reconciliation
- † Confirmation
- † Marriage
- † Holy Orders
- † Anointing of the Sick

Mysteries of the Rosary

The Joyful Mysteries

- † The Annunciation
- † The Visitation
- † The Nativity
- † The Presentation
- † The Finding of Jesus in the Temple

The Mysteries of Light

- † The Baptism of Jesus in the River Jordan
- † The Wedding Feast at Cana
- † The Proclamation of the Kingdom of God
- † The Transfiguration of Jesus
- † The Institution of the Eucharist

The Sorrowful Mysteries

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

The Glorious Mysteries

- † The Resurrection
- † The Ascension
- † The Coming of the Holy Spirit
- † The Assumption of Mary
- † The Coronation of Mary

Stations of the Cross

1. Jesus is Condemned to Die
2. Jesus Carries His Cross
3. Jesus Falls the First Time
4. Jesus Meets His Mother
5. Simon Helps Jesus Carry His Cross
6. Veronica Wipes Jesus Face
7. Jesus Falls the Second Time
8. Jesus Meets the Women of Jerusalem
9. Jesus Falls the Third Time
10. Jesus is Stripped
11. Jesus is Nailed to the Cross
12. Jesus Dies on the Cross
13. Jesus is Taken Down from the Cross
14. Jesus is Laid in the Tomb

Benediction of the Blessed Sacrament

Exposition

Adoration

Benediction

Reposition

Precepts of the Church

- † You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
- † You shall confess your sins at least once a year.
- † You shall receive the sacrament of the Eucharist at least during the Easter season.
- † You shall observe the days of fasting and abstinence established by the Church.
- † You shall help to provide the needs of the Church.

Theological Virtues

The theological virtues are gifts of grace from God, and the object of the virtues is God Himself.

The three theological virtues are faith, hope, and charity (or love).

Cardinal Virtues

The four cardinal virtues are the primary moral virtues that can be practiced by anyone.

These include prudence, justice, fortitude and temperance.

Catholic Beliefs and Practices

Works of Mercy - The Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need.

Corporal Works of Mercy - The Corporal Works of Mercy are these kind acts by which we help our neighbors with their material and physical needs.

- feed the hungry
- shelter the homeless
- clothe the naked
- visit the sick and imprisoned
- bury the dead
- give alms to the poor

Spiritual Works of Mercy - The Spiritual Works of Mercy are acts of compassion, as listed below, by which we help our neighbors with their emotional and spiritual needs.

- instruct
- advise
- console
- comfort
- forgive
- bear wrongs patiently

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the earth.
3. Blessed are they who mourn, for they shall be comforted.
4. Blessed are they who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called children of God.
8. Blessed are they who suffer persecution for justice' sake, for theirs is the kingdom of heaven.
9. Blessed are you when men reproach you, and persecute you, and speaking falsely, say all manner of evil against you, for My sake.