

Prayers to Know

The Sign of the Cross

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

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 to the Father

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 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.

The 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.

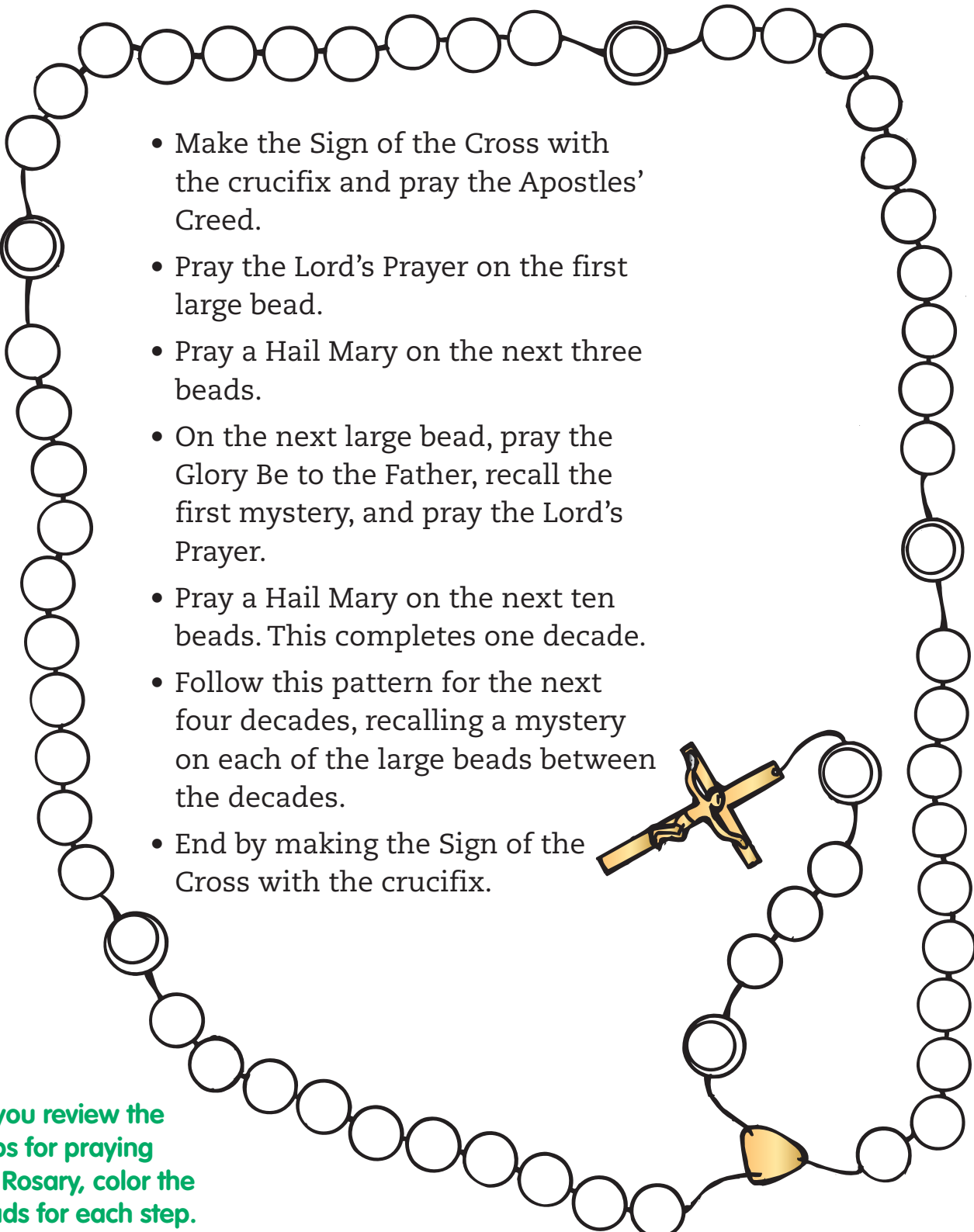
I confess one Baptism for the
forgiveness of sins
and I look forward to the
resurrection of the dead
and the life of the world to come.
Amen.

Act of Contrition

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.
Amen.

The Rosary

Here's how to pray the Rosary.

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- Make the Sign of the Cross with the crucifix and pray the Apostles' Creed.
 - Pray the Lord's Prayer on the first large bead.
 - Pray a Hail Mary on the next three beads.
 - On the next large bead, pray the Glory Be to the Father, recall the first mystery, and pray the Lord's Prayer.
 - Pray a Hail Mary on the next ten beads. This completes one decade.
 - Follow this pattern for the next four decades, recalling a mystery on each of the large beads between the decades.
 - End by making the Sign of the Cross with the crucifix.

As you review the steps for praying the Rosary, color the beads for each step.

Joyful Mysteries

Jesus' infancy and childhood

1. Mary is told she will be the mother of Jesus. (The Annunciation)
2. Mary visits her cousin Elizabeth. (The Visitation)
3. Mary gives birth to Jesus.
4. Jesus is presented in the Temple. (The Presentation)
5. Jesus is found in the Temple.

Luminous Mysteries

Jesus' public ministry

1. Jesus is baptized in the Jordan River.
2. Jesus performs his first miracle at the wedding at Cana.
3. Jesus proclaims the Kingdom of God and calls us to conversion.
4. Jesus is transformed before Peter, John, and James on Mount Tabor. (The Transfiguration)
5. Jesus institutes the Eucharist at the Last Supper.

Sorrowful Mysteries

Jesus' Passion and Death

1. Jesus suffers his agony in the Garden.
2. Jesus is scourged at the pillar.
3. Jesus is crowned with thorns.
4. Jesus carries his Cross to Calvary.
5. Jesus dies on the Cross.

Glorious Mysteries

The glory of Jesus and Mary

1. Jesus rises from the dead. (The Resurrection)
2. Jesus ascends into Heaven. (The Ascension)
3. Jesus sends the Holy Spirit.
4. Mary is assumed into Heaven. (The Assumption)
5. Mary is crowned Queen of Heaven.



Photo credit: Nicolas Messyasz/CIRIC

Act of Faith

My God, I believe in you and all that the Church teaches in your name. Amen.

Act of Hope

My God, I put my hope in Jesus and his promise of everlasting life. Give me the grace to live as you want me to. Amen.

Act of Love

My God, I love you with my whole heart, with my whole soul, and with my whole strength. And I love my neighbor as myself. Amen.

Morning Offering

Heavenly Father, I offer you this day all I think and do and say, uniting it with what was done by Jesus Christ, your only Son. Amen.

Prayer to My Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

Blessing 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 you thanks, O Lord, for these thy gifts, which we have received from thy goodness, through Christ, our Lord. Amen.



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Words to Know

– A –

absolution—The action of the priest to forgive sins in the Sacrament of Penance and Reconciliation.

Advent—A word meaning “coming.” During this season of the church year, we get ready for the coming of Jesus at Christmas.

Amen—A Hebrew word meaning “So be it.” The word is said at the end of prayers and when we receive Holy Communion. It can also mean “I agree” or “I believe.”

angels—Angels are God’s messengers and servants. A guardian angel protects each person.

anointing—Using blessed oil to show that a person or thing is special and dedicated to God. Oil is poured onto an altar when a church is consecrated. A person is anointed with oil when he or she is baptized. Anointing is also part of the sacraments of Confirmation, the Anointing of the Sick, and Holy Orders.

Apostles—The twelve followers that Jesus chose to spread his Good News.

Ascension—Jesus’ return to Heaven. Forty day after his Resurrection,

Jesus took his place at his Father’s right hand.

– B –

Baptism—The first sacrament. In Baptism, we receive the special life of God. This gift makes us God’s children and members of the Church.

Bible—A collection of books that contains the written Word of God.

bishop—A shepherd and teacher of the Church. He takes care of an area of the Church that is called a diocese or an archdiocese. A priest becomes a bishop through the Sacrament of Holy Orders.

– C –

Christmas—The day the Church celebrates the birth of Jesus.

Church—The group or assembly of people called together in faith. *Church* is the name given to the people God has called together all around the world.

church—The building where you go for Mass and prayer.

Communion of Saints—All the members of the Church—the saints in Heaven, those who have died and are waiting to enter Heaven, and those who are still living on earth. The Communion of Saints is the Church!

Confession—Another name for the Sacrament of Penance and Reconciliation.

conscience—An inner voice that judges between good and evil.

Consecration—The dedication of a person or thing to God. A priest is consecrated to the service of God. *Consecration* is also the name of the part of the Mass where the priest says the words that Jesus used at the Last Supper and the bread and wine become the Body and Blood of Jesus.

contrition—Sincere sorrow for sin and a resolution not to sin again. Contrition is required of a person celebrating the Sacrament of Penance.

Creation—Everything God created, Heaven and earth.

creed—A statement of belief. The word *creed* comes from the Latin word that means “I believe.” A creed is a summary of the truths of the Catholic faith. The creeds most familiar to us are the Nicene Creed and the Apostles’ Creed.

– D –

deacon—A minister or “one who serves.” A man becomes a deacon through the Sacrament of Holy Orders. His role is to help the bishop and priests to serve the Church.

Among a deacon’s duties are distributing Communion, assisting at and blessing marriages, proclaiming the Gospel, and preaching.

divine—God and things that have to do with God.

– E –

Easter—The day that the Church celebrates the Resurrection of Jesus.

Eucharist—The sacrament at the heart of the Catholic faith. In this sacrament, we receive Jesus’ Body and Blood to nourish us and help us to be more like Jesus.

– F –

faith—We receive faith as a gift from God in Baptism. God gives us the grace and love to help us to believe and trust in him.

forgiveness—The act of pardoning someone who has hurt you. We receive God’s forgiveness for our sins first in Baptism and then in the Sacrament of Penance and Reconciliation.

– G –

Gospel—A word that means “good news.” The word is used to mean the Good News about Jesus—that he suffered, died, and rose from the dead so human beings can share

in God's life. The four Gospels are the books of the New Testament in which Matthew, Mark, Luke, and John tell the story of Jesus' life, Death, Resurrection, and Ascension.

grace—A gift from God that makes us holy and helps us to respond to his call to live as his children. The gift, a share in God's own life, is received in Baptism. We take care of this important gift by receiving the sacraments, praying, and by living as Jesus taught.

– H –

Heaven—A life of eternal happiness with God.

Holy Communion—Another name for the Eucharist. It tells us that sharing Jesus' Body and Blood brings us into communion, or union, with Christ and with other members of the Church.

Holy Days of Obligation—Feast days of the Church that Catholics celebrate by participating in the Mass. Sundays are holy days of obligation for Catholics all around the world, but the other holy days vary from country to country. In the United States, there are six holy days of obligation. (For a list, see Holy Days of Obligation, page 45.)

Holy Family—Jesus, Mary, and Joseph.

Holy Spirit—The Third Person of the Blessed Trinity.

– I –

Incarnation—The mystery of God becoming man. Jesus, the Son of God, assumed human nature. He became human in order to save us. Jesus became truly man and remained truly God.

– J –

Jesus—The Hebrew name meaning "God saves."

– K –

Kingdom of God—What Christians pray for in the Lord's Prayer: "thy kingdom come, thy will be done on earth as it is in heaven." Through Jesus and his Church, and with the help of the Holy Spirit, Christians work to build a kingdom of justice, peace, and love on earth.

– L –

Lectionary—The official book of readings used at Mass during the Liturgy of the Word.

Lent—The season of the Church year to prepare for Easter. We pray, make sacrifices, and help others.

Liturgy—The Church's public communal worship of God—the celebration of the Eucharist, the other sacraments, and the official prayers of the Church.

– M –

Mass—The celebration, or liturgy, of the Eucharist.

mortal sin—Deliberate disobedience of the law of God concerning a serious matter, such as the taking of a human life. Only the Sacrament of Penance can repair a person's relationship with God after mortal sin.

– N –

New Testament—The books of the Bible that tell us about Jesus' life and teachings. The New Testament includes the Gospels of Matthew, Mark, Luke, and John; the Acts of the Apostles; the letters of Paul, James, Peter, John, and Jude; and Revelation.

– O –

Old Testament—The books of the Bible that tell the story of God's plan to save his people from sin and death.

Original Sin—The sin of the first human beings and the loss of grace their sin caused. The term also describes the sinfulness of human

nature and the presence of evil and death in the world.

– P –

parish—Our faith community. We gather to celebrate the Mass and the other sacraments in this community. We join with our parish community to learn more about our faith and to live out our faith by helping others.

penance—Penance can be both interior and exterior. Interior penance is the attitude of turning toward God and away from sin. Exterior penance is doing something to make up for sin—doing a good deed, saying a prayer, or making some kind of sacrifice. This word is also used to mean the Sacrament of Penance, in which we receive the forgiveness of God for our sins.

Pope—The successor of Saint Peter as Bishop of Rome and as the head of the whole Church.

prayer—An encounter, or meeting, with God. When we pray, we are talking to God and then listening to him.

priest—A baptized man who has received the Sacrament of Holy Orders and who assists the bishop in his ministry. A priest is dedicated to the service of God and God's Church. He celebrates the sacraments and

ministers to people in the name of his bishop.

Psalm—Prayers in the form of poetry or songs that are found in the Book of Psalms in the Bible. A psalm, called the Responsorial Psalm, is part of each Mass.

– R –

Resurrection—Jesus' rising from the dead three days after his Death on the Cross and his burial in the tomb. The Resurrection is the most important truth of the Catholic faith.

Revelation—God's communication of himself and his plan for salvation over time through words and actions. God reveals himself most fully through the saving actions of Jesus, his Son.

Rosary—A prayer in honor of Mary. This prayer involves the repetition of the Lord's Prayer, Hail Mary, and Glory Be to the Father, and the reflection on the mysteries—events in the lives of Jesus and Mary.

– S –

Sacraments—Visible signs of God's invisible grace. The sacraments are instituted by Christ and entrusted to the Church. Through the sacraments, divine life is given through the action of the Holy Spirit. The

Seven Sacraments are: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony.

Sacred Scripture—The Bible—a collection of books written by human authors inspired by God. Through Scripture, along with Tradition, God has revealed himself and his plan for the salvation of all.

Sacred Tradition—The message of the Gospel passed on from the preaching of the Apostles to the present day.

saint—A holy person who loved and served God on earth and now enjoys a life of happiness with God in Heaven.

salvation—God's plan to forgive the sins of human beings and restore them to his friendship. God's plan of salvation was accomplished by Jesus' suffering, Death, Resurrection, and Ascension.

sanctifying grace—The grace that heals our sinful human nature by giving us a share in the divine life of the Trinity. Sanctifying grace was earned for us by the suffering and Death of Jesus Christ. It enables us to live as God's children.

Savior—A name for Jesus. He became man to save all human beings from

sin and death. The name *Jesus* means “God saves.”

Sign of the Cross—A prayer in words and actions that honors the Blessed Trinity. A sign is made in the form of the cross with the words “In the name of the Father, and of the Son, and of the Holy Spirit.”

sin—Disobeying God. When we choose, knowingly and willingly, to do what is wrong, we sin.

Stations of the Cross—A form of prayer, most often practiced during Lent, that marks the steps Jesus took in his journey to the Cross. Catholics pause at each station to reflect on the suffering of Jesus.

– T –

Trinity—One God in Three Divine Persons—Father, Son, and Holy Spirit. Even though Jesus revealed this truth to us, the Trinity is a mystery that our human minds cannot grasp. We proclaim this truth in the Creed.

– V –

venial sin—A failure to love God and others. Venial sin is harmful but does not destroy a person’s relationship with God.

virtue—The habit of doing good and wanting to do good. We develop Cardinal Virtues through our own effort and with the help of God’s grace. The four Cardinal Virtues are prudence, justice, fortitude, and temperance. They are considered pivotal, or important to all other virtues. The Theological Virtues—faith, hope, and charity—are given to us by God to help us know and love him and grow closer to him.

– W –

Works of Mercy—Actions taken to help our neighbors. The Corporal Works of Mercy meet the needs of the body. They are: feeding the hungry, giving drink to the thirsty, giving clothes to those who have none, providing shelter for the homeless, visiting the sick and the imprisoned, and burying the dead. The Spiritual Works of Mercy meet the needs of the spirit. They are: helping the sinner, teaching the ignorant, counseling the doubtful, comforting the sorrowful, bearing wrongs patiently, forgiving injuries, and praying for the living and the dead.

worship—The adoration and honor given to God. Public worship is given to God through the liturgy of the Church.