

**MEMORIZATION OF STANDARD PRAYERS AND AWARENESS AND UNDERSTANDING  
OF BASIC CATHOLIC BELIEFS**

**LEVEL 1-8**

<b><u>GRADE</u></b>	<b><u>MEMORIZATION</u></b>	<b><u>AWARENESS &amp; UNDERSTANDING</u></b>
<b>LEVEL 1</b>	Sign of the Cross Our Father Hail Mary Glory Be	Holy Water Genuflection The meaning of "Amen" We Honor the Blessed Virgin Mary
<b>LEVEL 2</b> All of the above plus...	Grace Before Meals Grace After Meals Act of Contrition	The Mass and its parts Knowledge about our Infant Jesus Parish Manners for places of worship The Ten Commandments The Two Great Commandments
<b>LEVEL 3</b> All of the above plus...	Morning Offering Evening Prayer	The Liturgical Year Liturgical Vestments and Colors The Apostle's Creed The Nicene Creed The Rosary Mysteries of the Rosary The Stations of the Cross
<b>LEVEL 4</b> All of the above plus...	The Ten Commandments Life of the Saints	The Beattitudes The Theological Virtues of Faith, Hope and Love (Charity) Acts of Faith, Hope and Love The Cardinal or Moral Virtues The Spiritual and Corporal Works of Mercy
<b>LEVEL 5</b> All of the above plus...	The Seven Sacraments	Hail Holy Queen Holy Days of Obligation
<b>LEVEL 6</b> All of the above plus...	The Theological Virtues	Exposition of the Blessed Sacrament Benediction The Divine Praises Personal Prayer
<b>LEVEL 7</b> All of the above plus...	Come, Holy Spirit The Gifts & Fruits of the Holy Spirit	The Angelus The Memorare Queen of Heaven Prayer of St. Francis of Assisi
<b>LEVEL 8</b> All of the above plus...	Prayer to the Holy Spirit The Gifts of the Holy Spirit The Holy Days of Obligation	Fruits of the Holy Spirit The Laws of the Church The Seven Capital Sins Fasting, Penance, and Almsgiving

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PRAYERS/MEMORY

SIGN OF THE CROSS



In the name of the **F**ather, (touch your right hand to your forehead)  
**A**nd of the **S**on, (touch your right hand to the center of your chest)  
**A**nd of the **H**oly **S**pirit, (now touch your right hand to your left shoulder  
and then to your right shoulder.)  
**A**men. (fold your hands)



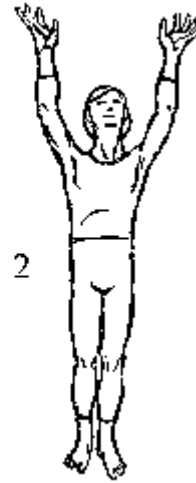
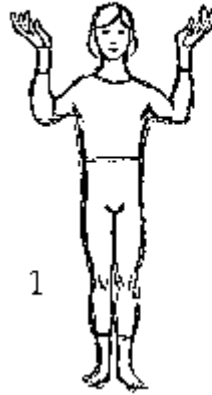
**The Lord's Prayer**  
**O**ur Father, who art in heaven,  
Hallowed be thy Name.  
Thy kingdom come.  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive those  
who trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever.  
Amen.

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## THE LORD'S PRAYER

### 1 ~ **Our Father**

Stand erect.  
Raise arms and hands,  
palms open.  
Raise face.  
Smile. (*orans*)



### 2 ~ **in heaven,**

Look up, smiling.  
Raise arms over head.  
Hands with palms still open.

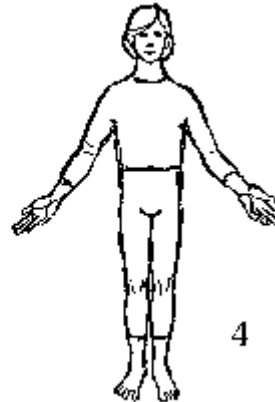
### 3 ~ **hallowed be your name,**

Lower head and eyes.  
Lower hands to face.  
Fingers cover mouth,  
overlapping, elbows wide.



### 4 ~ **your kingdom come,**

Raise head and eyes.  
Spread arms wide,  
hands with palms open and out.



### 5 ~ **your will be done,**

Lower head and eyes.  
Bring hands together,  
palms together,  
fingertips at lips.



### 6 ~ **on earth**

Maintain bowed head  
and posture of hands.  
Kneel on one knee.



### 7 ~ **as in heaven.**

Remain kneeling.  
Raise head and eyes and arms,  
hands up, palms out.  
Smile



8 ~ **Give us today**

Stand.

Look up with confidence,  
arms parallel,  
bent at elbows,  
hands together,  
palms up and open,  
fingers cupped.



9 ~ **our daily bread.**

Swing elbows out;  
keep palms up and open,  
overlap hands in front of belly,  
palms still up and open,  
fingers still cupped.



10 ~ **Forgive us**

Bring right hand up as fist;  
strike breast and keep fist there,  
head and eyes lowered.

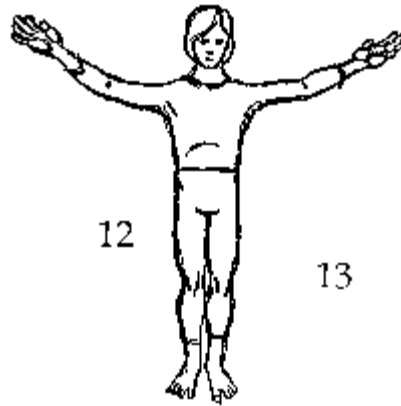
11 ~ **our sins**

Bring left hand up as fist;  
strike breast and keep fist there.



12 ~ **as we forgive those**  
Head and eyes still lowered,  
extend right hand as in a crucifixion.

13 ~ **who sin against us.**  
Extend left hand as in a crucifixion.



14 ~ **Save us from the time of trial**  
Kneel on one knee.  
Bring left hand in front of face,  
palm open, fingers spread,  
thumb down, palm out.  
Bring right arm out in front,  
hand up, palm out, fingers spread.

15 ~ **and deliver us from evil.**  
Remain kneeling;  
bend back and torso, hunch over;  
lower head;  
bring hands over face and head as for protection.

AMEN.





**Hail Mary,** (Lift your right hand pointing to the sky.)

**Full of grace,** (Lift your left hand pointing to the sky.)

**The Lord is with you.** (Bring your hands down folded near your heart.)

**Blessed are you among women,** (Take your right hand and sweep it across your body pointing to all the girls in the group around you.)

**And blessed is the fruit of your womb Jesus.** (Pretend you are rocking a baby in your arms.)

**Holy Mary,** (Lift your right hand pointing to the sky.)

**Mother of God,** (Lift your left hand pointing to the sky.)

**Pray for us sinners,** (Bring your hands down folded near your heart.)

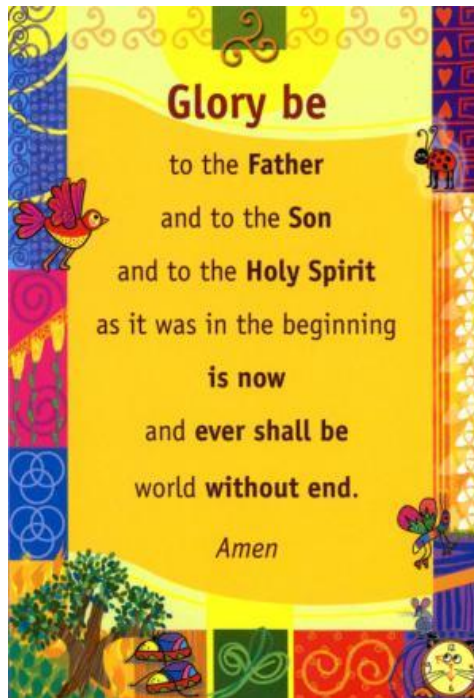
**Now** (Point down to the ground with both hands.)

**And at the hour of our death.** (Point to a pretend watch on your wrist.)

**Amen.** (Bring hands together folded near your heart.)



## GLORY BE ...



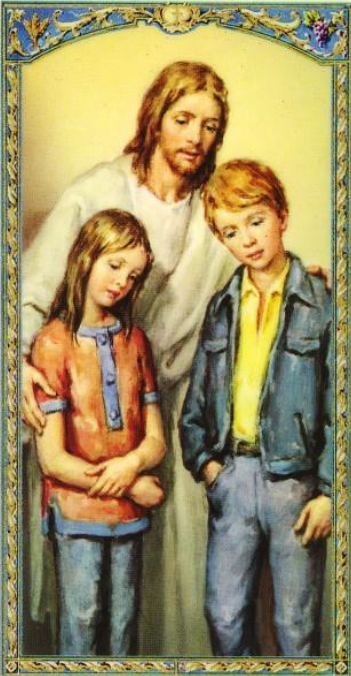
### GRACE BEFORE MEALS

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, Almighty God, For these and all thy gifts,  
which we have received through Christ our Lord. Amen




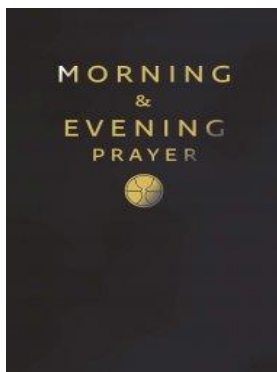


**ACT OF CONTRITION**

*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*

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MORNING OFFERING

O Jesus, I offer you this day all that I think and do and say, uniting it with what was done on earth, by Jesus Christ, Your Son. Amen.

EVENING PRAYER

Dear God, before I sleep I want to thank you for this day

So full of your kindness and your joy.

I close my eyes to rest safe in your loving care.



**THE TWO GREAT COMMANDMENTS** that contain the whole Law of God are:

1. You shall love the Lord, your God, with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. (This commandment relates to the first three of the Ten Commandments).
2. You shall love your neighbor as yourself. (This commandment relates to the last seven of the Ten Commandments).

**THE LIFE OF THE SAINTS**

