

# TAB 3

## MEMORIZATION OF STANDARD PRAYERS AND AWARENESS AND UNDERSTANDING

### OF BASIC CATHOLIC BELIEFS

#### LEVEL 1-8

<u>GRADE</u>	<u>MEMORIZATION</u>	<u>AWARENESS &amp; UNDERSTANDING</u>
<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 Church 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

# **TAB 3 - LEVEL 8**

## **TABLE OF CONTENTS**

### **MEMORIZATION OF STANDARD PRAYERS AND BASIC CATHOLIC BELIEFS**

	<b>PAGE</b>
Sign of the Cross	1
The Our Father	1
Hail Mary	2
Glory Be...	2
Grace before Meals	3
Grace After Meals	3
Act of Contrition	3
Morning Prayer	4
Evening Prayer	4
Ten Commandments	4
2 Greatest Commandments	4
The Seven Sacraments	5
The Theological Virtues	5
The Cardinal Virtues	5
Come, Holy Spirit	6
Gifts and Fruits of the Holy Spirit	6
Holy Days of Obligation in the USA	7

PRAYERS/MEMORY

SIGN OF THE CROSS



In the name of the Father, (touch your right hand to your forehead)  
And of the Son, (touch your right hand to the center of your chest)  
And of the Holy Spirit, (now touch your right hand to your left shoulder  
and then to your right shoulder.)  
Amen. (fold your hands)



**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.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever.  
Amen.

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**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.)

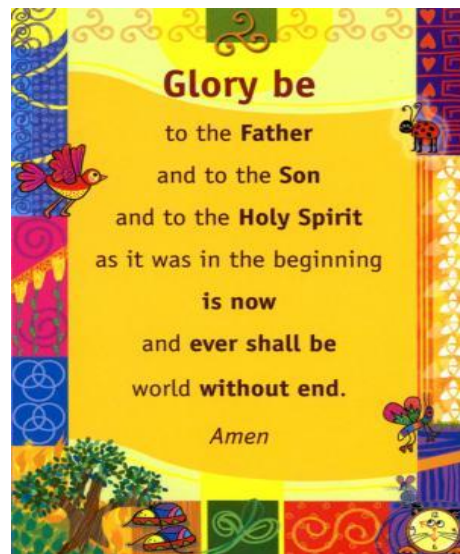
**Mother of God,** (Lift your left hand pointing to the sky.)

**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

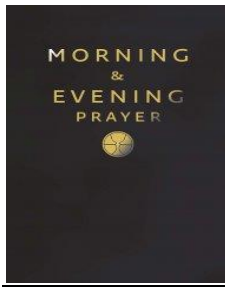
### GRACE AFTER MEALS

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.

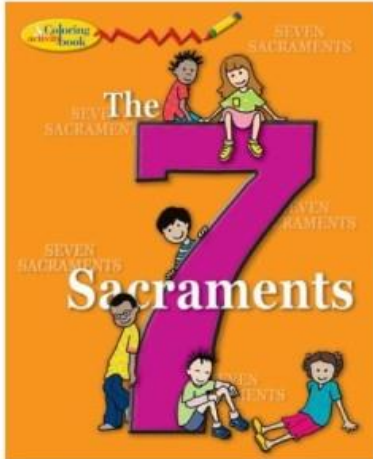
### EVENING PRAYER

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 Three  
Theological Virtues:

Faith  
Hope  
Charity

The Four  
Cardinal Virtues:

Prudence  
Justice  
Fortitude  
Temperance



Come, Holy Spirit,



fill the hearts of your  
faithful and kindle 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.

## Gifts and Fruits of the Holy Spirit



**Gifts of the Holy Spirit:**

- Understanding
- Wisdom
- Knowledge
- Counsel
- Piety
- Fortitude
- Fear of the Lord

**Fruits of the Holy Spirit:**

- Modesty
- Chastity
- Goodness
- Gentleness
- Generosity
- Charity
- Kindness
- Patience
- Joy
- Peace
- Self-control
- Faithfulness

**Pentecost**  
Jean Restout

Isaiah 11:1-2      Galatians 5:22-23



## HOLY DAYS OF OBLIGATION IN THE UNITED STATE OF AMERICA

- Solemnity of Mary, Mother of God - **January 1**  
*We honor Mary, Mother of God.*
- Ascension - **Fortieth day after Easter**  
*Jesus ascended into heaven.*
- Assumption of Mary - **August 15**  
*Mary was taken into heaven, body and soul.*
- All Saints Day - **November 1**  
*We honor all the saints in heaven.*
- Immaculate Conception - **December 8**  
*Mary was free from sin from the first moment of her life.*
- Christmas - **December 25**  
*We celebrate the birth of Jesus.*