

## TEACH US TO PRAY

### LEVEL 1

#### 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.

### LEVEL 2

#### Hail Mary

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.

#### Glory To The Father (Doxology)

Glory to the Father,  
and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now,  
and will be forever.  
Amen.

### LEVEL 3

#### Grace Before Meals

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

### LEVEL 3 (continued)

#### Prayer To My Guardian Angel

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

### LEVEL 4

#### 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.

### LEVEL 5

#### 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 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 life everlasting. Amen.

## **LEVEL 6**

### Praying The Rosary

1. Holding the cross, make the Sign of the Cross; pray the Apostles' Creed.
2. Holding the first large bead, pray one Our Father.
3. On each of the next three small beads, pray a Hail Mary. Remember God's gifts of faith, hope and love.
4. Say one Glory To the Father on the space before the next big bead.
5. After that, as you think about each mystery, pray the Our Father on the large bead, ten Hail Marys, one for each small bead, and finish with a Glory To The Father.
6. The complete rosary consists of five decades. There are four sets of mysteries and five stories in each set.
7. Pray the Hail Holy Queen.

### MYSTERIES OF THE ROSARY

#### Joyful Mysteries

1. THE ANNUNCIATION. The angel tells Mary she is to be the Mother of Jesus.
2. THE VISITATION. Mary visits her cousin Elizabeth.
3. THE NATIVITY. Jesus is born in Bethlehem.
4. THE PRESENTATION. Mary and Joseph take the Baby Jesus to the Temple for the first time.
5. THE FINDING IN THE TEMPLE. Mary and Joseph find the young Jesus after he was lost.

#### Sorrowful Mysteries

1. THE AGONY IN THE GARDEN. Jesus prays before His arrest.
2. THE SCOURGING. Jesus is beaten.
3. THE CROWNING WITH THORNS. Jesus' kingship is mocked.
4. THE WAY OF THE CROSS. Jesus carries His cross to Calvary.
5. THE CRUCIFIXION. Jesus dies on the cross.

#### Glorious Mysteries

1. THE RESURRECTION. Jesus rises from the dead.
2. THE ASCENSION. Jesus returns to His Father.
3. PENTECOST. The followers of Jesus receive the Gift of the Holy Spirit.
4. THE ASSUMPTION. Mary is taken to be with her Son, body and soul.
5. THE CORONATION OF MARY. Mary is crowned Queen of heaven and earth.

#### Luminous Mysteries

1. THE BAPTISM OF JESUS. Jesus is baptized in the Jordan River.
2. THE WEDDING FEAST AT CANA. Jesus works his first miracle, changing water into wine.
3. THE PROCLAMATION OF THE KINGDOM. Jesus tells us about God's kingdom and asks us to repent.
4. THE TRANSFIGURATION. The glory of God shines forth from the face of Jesus.
5. THE INSTITUTION OF THE EUCHARIST. Jesus offers the first Eucharist at the Last Supper.

## BONUS 1

### Prayer To The Holy Spirit (Traditional)

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 instructs 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.

## BONUS 2

### Memorare (Traditional)

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 by this confidence, I fly unto 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 petition, but in thy mercy hear  
and answer me.  
Amen.

## BONUS 3

### Act of Faith, Hope and Love

My God, I believe in You,  
I trust in You,  
I love You above all things,  
with all my mind and heart  
and strength.  
I love You because You are  
supremely good and worth loving;  
and because I love You,  
I am sorry with all my heart  
for having offended You.  
Lord, have mercy on me, a sinner.  
Amen.

## BONUS 4

### 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,

*(At the words that follow up to and  
including “and became man,” all bow.)*

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

## **BONUS 5**

### Hail Holy Queen (Traditional)

Hail, holy Queen,  
mother of mercy,  
our life, our sweetness,  
and our hope.  
To thee do we cry,  
poor banished children of Eve.  
To thee do we send up our sighs, mourning  
and weeping in this valley of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this our exile  
show unto us the blessed fruit of thy womb,  
Jesus.  
O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God.  
That we may be made worthy of the promise of  
Christ.