



St. Wenceslaus Catholic Church

Faith Formation Prayer Sequence and Knowledge of Faith

**Guide for families
with youth in
grades 1-8**

The following pages contain prayers and practices for our Catholic Faith. Each year, our students will be expected to learn and know some prayers, as well as review the prayers learned in the previous years. The best way to learn them is by praying them often at home.

In addition, there are other prayers and practices that all Catholics should be aware of, but are not necessary to memorize.

We hope this guide will help you in your faith journey with your family. Blessings!

God is always with us. He wants us to talk to Him and to listen to Him. In prayer we raise our hearts and minds to God. We are able to speak to and listen to God because, through the Holy Spirit, God teaches us how to pray.

The Sign of the Cross (Grade 1)

In the name of the Father (*right hand touches forehead*) and of the Son (*right hand touches chest*) and of the Holy (*right hand touches left shoulder*) Spirit (*right hand touches right shoulder*). Amen

Prayer Before Meals (Grade 1)

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

Angel of God (Grade 1)

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, to rule and guide. Amen



The Hail Mary (Grade 2)

The Hail Mary uses the same words the angel Gabriel said when he told Mary she would be Jesus' Mother. This prayer also includes the words Mary's cousin, Elizabeth, said when Mary visited Elizabeth. Read about it in Luke 1: 28, 42.

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.

Act of Contrition (Grade 2)

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.



Prayer to Jesus in the Eucharist

Lord Jesus Christ, I believe that you are truly present in the Eucharist. As I receive you in Holy Communion, help me to love as you loved, and serve as you served, so I can be the Body of Christ to others. Amen



Glory Be (Grade 3)

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 Our Father (Grade 3)

When the apostles asked Jesus how they should pray, he gave them the words of the Our Father. Read about it in Matthew 6: 9-13.

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.



Spontaneous Prayer (every grade)

We can pray with any words that come to mind. We can pray without words. We can communicate with Jesus about what is on our hearts and minds, as if he is sitting right next to us, which indeed He is.

Prayer
Warrior

1 Thessalonians 5:17
Pray without ceasing.

The Ten Commandments (Grade 4)

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

The Great Commandment

“Love God with all your heart, with all your mind, and with all your strength, and love your neighbor as yourself.” Mark 12:30-31

Act of Love (Grade 4)

O My God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured. Amen



The Seven Sacraments (Grade 5)

Sacraments of Initiation:

Baptism: In Baptism we receive new life in Christ. Baptism takes away original sin and gives us new birth in the Holy Spirit. Its sign is the pouring of water and anointing with oil.

Confirmation: seals our life of faith in Jesus. Its signs are the laying of hands on a person's head, most often by a bishop, and the anointing with oil. Like Baptism, Confirmation is received only once.

Eucharist: The Body and Blood of Christ – nourishes our life of faith. Its signs are bread and wine.

Sacrament of Healing

Reconciliation: We receive Jesus' healing grace through absolution by the priest. The signs of this sacrament are our confession of sins and the words of absolution.

Anointing of the Sick: unites a sick person's suffering with that of Jesus and brings forgiveness of sins. Oil, a symbol of strength, is the sign of this sacrament. A person is anointed with oil and receives the laying on of hands from a priest.

Sacrament of Service

Holy Orders: is the sacrament where men are ordained as priests, deacons, or bishops. The signs of this sacrament are the laying on of hands and the anointing with oil by the bishop.

Matrimony: unites a baptized man and woman with each other as a sign of the unity between Jesus and his Church. The couple and their wedding rings are the signs of this sacrament.

Act of Contrition (Grade 5)

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasions of sin.

Hail Holy Queen (Grade 6)

Hail, holy Queen, Mother of mercy, hail our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

Rosary (Grade 6)

The Rosary helps us to pray to Jesus through Mary. When we pray the Rosary, we think about the special events (mysteries) in the lives of Jesus and Mary. When we pray the Rosary we pray; The Sign of the Cross, The Lord's Prayer, Hail Mary, Glory Be to the Father, and the Apostle's Creed. As we recite these prayers we concentrate on the mysteries.

The Mysteries: (need an understanding of the Rosary)

The Joyful Mysteries	The Mysteries of Light	The Sorrowful Mysteries	The Glorious Mysteries
The Annunciation	The Baptism of Jesus	The Agony in the Garden	The Resurrection
The Visitation	The Wedding Feast at Cana	The Scourging at the Pillar	The Ascension
The Nativity	The Proclamation of the Kingdom of God	The Crowning with thorns	The Coming of the Holy Spirit
The Presentation	The Transfiguration of Jesus	The Carrying of the Cross	The Assumption of Mary
The Finding of Jesus in the Temple	The Institution of the Eucharist	The Crucifixion	The Coronation of Mary

The Apostles' Creed (Grade 7)

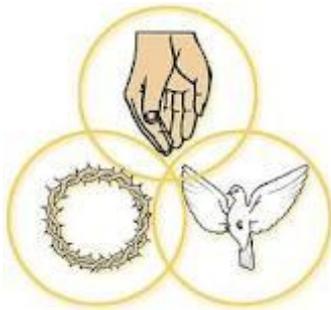
The Apostles' Creed lists the things that Catholics believe.

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

Act of Faith (Grade 7)

O my God, I firmly believe that you are one God in three divine persons, the Father, the Son, and the Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived. Amen.



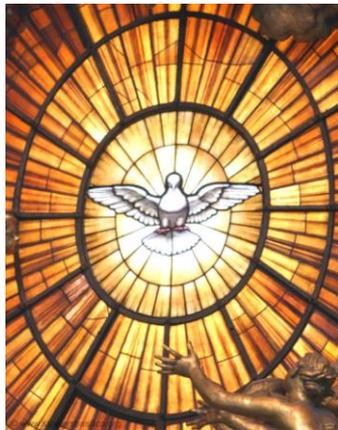
Beatitudes (Grade 8)

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the earth.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the clean of heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Prayer to the Holy Spirit (Grade 8)

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen



Liturgical Year*

Advent is four weeks of preparation for the Feast of Christmas.

Christmas Season begins with the Feast of Christmas.

Ordinary Time appears twice on the liturgical calendar-between Christmas and Lent and between Easter and Advent.

Lent begins on Ash Wednesday and lasts forty days and is the time we prepare for Easter.

Holy Week begins on Passion (Palm) Sunday.

Triduum begins on Holy Thursday evening and ends on Easter Sunday evening. (includes Good Friday and Holy Saturday)

Easter begins on Easter Sunday evening and continues until Pentecost. (50 days after the Resurrection of Christ)

About the Bible*

- The Bible is the Word of God.
- The Bible is a collection of 73 books, which are divided into two parts.
- The first part is called the Hebrew Scripture (Old Testament) and includes 46 books.
- The Hebrew Scripture (Old Testament) tells the story of God's Love for his people until the coming of Christ.
- The second part is called the New Testament and includes 23 books.
- The New Testament includes the four Gospels which tell the story of Jesus and his disciples.
- The Bible is very important for Catholic worship. At Mass we hear readings from Hebrew Scripture and New Testament.
- Catholics are encouraged to read the Bible daily.
- Each book in the Bible is divided into chapters. The chapters are divided into verses. An example of how you

look up passages from the Bible: John 3:16 book=John, chapter=3, verse=16.

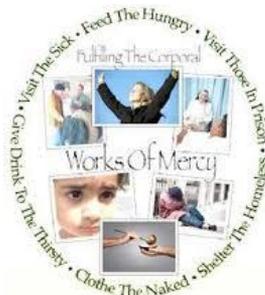
Stations of the Cross*

1. Jesus is condemned to death.
2. Jesus accepts the cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is buried in the tomb.
15. Jesus Christ is risen.

Corporal Works of Mercy*

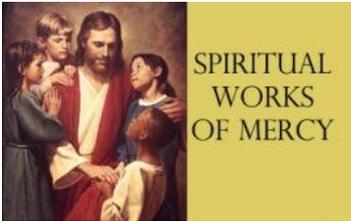
Kind acts by which we help our neighbors with their material and physical needs.

- Feed the hungry.
- Give drink to the thirsty.
- Clothe the naked.
- Visit those in prison.
- Shelter the homeless.
- Visit the sick.
- Bury the dead.



Spiritual Works of Mercy

Acts of compassion which we do to help our neighbors with their emotional and spiritual needs.



Help others do what is right.
Teach the ignorant.
Give advice to the doubtful.
Comfort those who suffer.
Be patient with others.
Forgive injuries.
Pray for the living and the dead.

Gifts of the Holy Spirit

Gifts given to us by the Holy Spirit to help us do what God asks of us.

Wisdom helps us recognize the importance of others and the importance of keeping God central in our lives.

Understanding is the ability to comprehend the meaning of God's message.

Knowledge is the ability to think about and explore God's revelation, and also to recognize there are mysteries of faith beyond us.

Counsel is the ability to see the best way to follow God's plan when we have choices that relate to him.

Fortitude is the courage to do what one knows is right.

Piety helps us pray to God in true devotion.

Fear of the Lord is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

Fruits of the Holy Spirit

Signs of the Holy Spirit's action
In our lives.

Love

Joy

Peace

Patience

Kindness

Generosity

Faithfulness

Gentleness

Self-Control

Church tradition also includes **goodness, modesty, and chastity.**

7 Themes of Catholic Social Teaching

Jesus makes clear our responsibility to care for those in need. The Catholic Church teaches this responsibility in the following themes of **CST.**

Life and Dignity of the Human Person: all human life is sacred. All people must be respected and valued. We are asked as a society whether our actions respect or threaten human life and dignity.

Call to Family, Community, and Participation: Families must be supported so people can participate in society to promote the well-being of all, especially the poor and vulnerable.

Rights and Responsibilities: We have a responsibility to protect basic human rights of all in order to achieve a healthy society.

Option for the Poor and Vulnerable: We are called to defend and promote the dignity of the poor and help them with basic needs.

The Dignity of Work and the Rights of Workers: Basic rights of workers must be respected. We believe work is an important way in which we participate in God's creation.

Solidarity: recognizes that we are all brothers and sisters and have a responsibility to share with, and care for, each other.

Care for God's Creation: God is creator of all people and things. He wants us to enjoy his creation but also to take care of it.

Parts of the Mass*

Introductory Rites

Entrance Procession and Opening Hymn

Greeting (sign of cross and welcome by priest)

Penitential Rite (remembering our sins and asking for mercy)

Gloria

Liturgy of the Word

First Reading-Hebrew Scripture (usually Old Testament)

Responsorial Psalm

Second Reading (New Testament)

Gospel Acclamation (Alleluia)

Gospel (Stand and listen to Gospel from Matthew, Mark, Luke or John)

Homily (priest explains Gospel, Word of God)

Profession of Faith (proclaiming our faith through Nicene Creed)

Prayer of the Faithful (petitions)

Liturgy of the Eucharist

Preparation of the Altar and Gifts (bring gifts of bread & wine to altar)

Eucharistic Prayer (high point of Mass, includes; Preface, Holy Holy Holy, Consecration, Mystery of Faith and great Amen)

Communion Rite

The Lord's Prayer (Our Father)

Sign of Peace

Lamb of God (pray for forgiveness, mercy, and peace)

Holy Communion (receive the Body and Blood of Jesus Christ)

Prayer after Communion (Pray that the Eucharist will strengthen us to live as Jesus lived)

Concluding Rite

Blessing (We receive God's blessing)

Dismissal (We go in peace to love and serve)

Thank you for allowing us to walk this important journey with you and your child.

A National Study of Youth and Religion has shown that the number one influence on a child's faith is their parents. Most youth follow in their parents spiritual footsteps.

According to a book entitled *Sticky Faith*, there are seven ways to help our youth make their faith stick;

1. Family of origin – parents setting a good example
2. Sacred memories – personal experiences that make God real. Talk about these experiences.
3. Healthy relationships – 5:1 ratio of five caring adults involved in each child's life.
4. Knowing what you believe and why. This can be accomplished by families and church working together.
5. Searching – having a safe place to ask faith questions, helping to find answers, confusion is part of the journey.
6. Worship – a place that speaks to the soul...not just loud music and hype, one that allows for wonder and reflection.
7. Stretching them – raise the bar – “I believe you can do it!” Giving them acknowledgement that is specific to their gifts and talents.

Curriculum – *Christ our Life*

This curriculum was written in 2009 by the Sisters of Notre Dame. It is a spiral curriculum that follows a pattern from first grade through eighth grade. *Christ our Life* ensures continuous progress and development as our youth pass through each of the grade levels. What they continue to learn will be based on a foundation established from previous years' studies.

Scripture is the core of the series and revolves around four fundamental themes; Creed, Sacraments, Morality, and Prayer. Catholic Social Teachings are also woven into each grade level.

The way the curriculum is written and shared will help our youth understand our Catholic beliefs, sacred Tradition, and how it works in their daily lives.