

Basic Prayers and Teachings to Learn by Heart  
Diocese of Lansing  
Revised 2011 according to the *Roman Missal, Third Edition*

**Kindergarten**

**The Sign of the Cross**

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

**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.

**First Grade**

**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.

**The 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.

**The 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 Angel of God**

Angel of God, my guardian dear;  
To whom His love commits me here.  
Ever this day, be at my side,  
To light, to guard, to rule and guide.

Amen.

**Second Grade**

**The Lord's Prayer**

(If not learned in 1<sup>st</sup> grade)

Our Father, who are 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.

**Act of Contrition (Sorrow)**

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.

**Third Grade**

**The Apostle's 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.

## Fourth Grade

### **The Beatitudes**

1. Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.
2. Blessed are they who mourn,  
for they will be comforted.
3. Blessed are the meek,  
for they will inherit the land,
4. Blessed are they who hunger and thirst  
for righteousness, for they will be satisfied.
5. Blessed are the merciful,  
for they will be shown mercy.
6. Blessed are the clean of heart,  
for they will see God.
7. Blessed are the peacemakers,  
for they will be called children of God.
8. Blessed are those who are persecuted for the  
sake of righteousness, for theirs is the kingdom  
of heaven.
9. Blessed are you when people revile you and  
persecute and utter all kinds of evil against you  
falsely on my account. Rejoice and be glad, for  
your reward will be great in heaven.

### **Ten Commandments**

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. Remember to keep holy the Lord's day.
4. Honor your Father and your 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 goods.

## Fifth Grade

### **Hail Holy Queen**

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 exile show unto us  
the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

### *Pray for us oh Holy Mother of God.*

That we may be made worthy through the  
promises of Christ.

Amen.

### **Prayer of Fatima**

(to be said after the Glory Be  
when saying the Rosary)

Oh my Jesus, forgive us our sins.  
Save us from the fires of hell  
and lead all souls to heaven,  
Especially those who are in most  
need of thy mercy.

## Sixth Grade

### **Memorare**

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 petitions,  
but in thy mercy hear and answer me.  
Amen.

### **The Precepts (Rules) of the Church**

1. You shall attend Mass on Sundays and on  
Holy Days of Obligation and remain free from  
work or activity that would impede the  
sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at  
least during the Easter season.
4. You shall observe the days of fast and abstinence  
established by the Church.
5. You shall provide for the needs of the Church.
6. You shall observe the laws of the Church  
concerning marriage.