

## ESSENTIAL PRAYERS/PRACTICES FOR ST. JAMES/SETON SCHOOL STUDENTS

### 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

### 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

### Guardian Angel Prayer

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

### Glory Be

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

### 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.  
pray for us sinners  
Holy Mary, Mother of God,  
now and at the hour of our death.  
Amen

### Grace After Meals

We give you thanks  
for these and all your gifts,  
Almighty God,  
you live and rule forever.  
Amen

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## Act of Contrition

O my God, I am heartily sorry for having offended You, and 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.  
Amen

## The Seven Sacraments

Baptism  
Reconciliation  
Eucharist  
Confirmation  
Anointing of the Sick  
Marriage  
Holy Orders

## The Ten Commandments

1. I am the Lord your God; you shall not have strange gods before 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.

## 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 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

## Hail Holy Queen

Hail, Holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this our exile show unto us the blessed fruit of your womb, Jesus; O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be worthy of the promises of Christ.  
Amen

## Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and for the intention of the Holy Father.  
Amen

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## 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.

(Bow head)

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

Amen

## The Stations of the Cross

1. Jesus is condemned to die.
2. Jesus takes up 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 laid in the tomb.

## Mysteries of the Rosary:

### Joyful Mysteries

The Annunciation  
The Visitation  
The Nativity  
The Presentation  
Finding Jesus in the Temple

### Sorrowful Mysteries

The Agony in the Garden  
The Scourging  
Crowning with Thorns  
Carrying the Cross  
The Crucifixion

### Glorious Mysteries

The Resurrection  
The Ascension  
The Coming of the Holy Spirit  
The Assumption  
The Coronation of Mary as Queen of Heaven

### Luminous Mysteries

Baptism of the Lord  
Wedding at Cana  
Proclamation of the Kingdom  
Transfiguration  
Institution of the Eucharist

## Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come; before you I stand sinful and sorrowful. Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.  
Amen

# ESSENTIAL PRAYERS/PRACTICES FOR ST. JAMES/SETON SCHOOL STUDENTS

## Cardinal Virtues

Prudence  
Justice  
Fortitude  
Temperance

## Precepts of the Church

Specific duties expected of Catholic Christians:

1. Celebrate Christ's resurrection every Sunday and Holy Day of Obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of Reconciliation regularly. We must receive Holy Communion at least once a year at Lent/Easter time. If we have committed serious, or mortal, sin, we must confess before receiving Holy Communion.
3. Study Catholic teaching throughout one's life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the Church: one's own parish, the diocese, the worldwide Church, and the Holy Father.
6. Do penance, including not eating meat and fasting from food, on certain days of fast and abstinence.
7. Join in the missionary spirit and work of the Church.

## The New Commandment

"Love one another as I have loved you."

## Theological Virtues

Faith  
Hope  
Charity (or Love)

## Canticle of Mary

My soul magnifies the Lord,  
and my spirit rejoices in God my Savior;  
Because He has regarded the lowliness of  
His handmaid; for, behold, henceforth  
all generations shall call me blessed;  
Because He who is mighty has done great  
things for me, and holy is His name;  
And His mercy is from generation to  
generation on those who fear Him.  
He has shown might with His arm,  
He has scattered the proud in the conceit of  
their heart.  
He has put down the mighty from their thrones,  
and has exalted the lowly.  
He has filled the hungry with good things,  
And the rich He has sent away empty.  
He has given help to Israel, His servant,  
mindful of His mercy---  
Even as He spoke to our fathers---  
to Abraham and to his posterity forever.

## The Fatima Prayer

O my Jesus, forgive us our sins,  
save us from the fires of hell.  
Lead all souls into heaven,  
especially those most in need of  
Thy mercy.  
Amen

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## The Prayer of St. Francis

Lord, make me an instrument of your peace; where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy;

Grant that I may not so much seek  
to be consoled as to console;

to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
it is in dying that we are born to  
eternal life.

## Gloria

Glory to God in the highest, and **on earth  
peace to people of good will.**

**We praise you; we bless you;**

**We adore you; we glorify you.**

We give you thanks **for your great glory.**

Lord God, heavenly King,

**O God, almighty Father.**

Lord Jesus Christ, **Only Begotten Son,**

Lord God, Lamb of God, **Son of the Father,**

You take away the sins of the world,

have mercy on us;

**You take away the sins of the world,**

**receive our prayer;**

You are seated at the right hand of the Father,

**have mercy on us.**

For you alone are the Holy One,

You alone are the Lord

You alone are the Most High, Jesus Christ,

with the Holy Spirit,

in the glory of God the Father.

Amen.

## The Angelus

The Angel of the Lord declared unto Mary,  
And she conceived of the Holy Spirit.

Hail Mary.

Behold the handmaid of the Lord.  
Be it done unto me according to your word.

Hail Mary.

And the Word was made flesh.  
And dwelt among us.

Hail Mary.

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

Let us pray: Pour forth, we beg you, O Lord,  
Your grace into our hearts: that we, to whom  
the Incarnation of Christ Your Son was made  
known by the message of an Angel, may by  
His Passion and Cross be brought to the glory  
of His Resurrection. Through the same Christ  
Our Lord. Amen

## Penitential Act, Form A (Confiteor)

I confess to almighty God and to you,  
my brothers and sisters, that I have  
**greatly** sinned, in my thoughts  
and in my words, in what I have done and  
in what I have failed to do,  
**through my fault, through my fault,  
through my most grievous fault;**  
**therefore,** I ask blessed Mary ever-Virgin,  
All the angels and saints, and you,  
my brothers and sisters, to pray for me  
to the Lord our God.