

Prayers that Students are to know “by heart”

Pre-Kindergarten

Sign of the Cross
Glory Be

Angel of God: Prayer to my Guardian Angel

Kindergarten

Our Father
Grace before and after Meals

Hail Mary

Grade One – review prayers from prior grades

A Morning Prayer (your choice) A Night Prayer (your choice)
Words of Prayer: Alleluia; Holy, holy, holy; Glory to God; Amen, Thank-you God; I love you God;
for my family, Lord hear our prayer

Grade Two– review prayers from prior grades

Angel of God
Act of Contrition (the focus for the first part of the year)
The Apostles’ Creed (the focus for the second part of the year)
Introduce the Rosary (telling the Story of one of the Mysteries of Jesus’ life, and showing how it relates to our life and praying an Our Father and 10 Hail Mary’s)

Grade Three– review prayers from prior grades

The Morning Offering Prayer to prepare for Mass
Prayer of Thanksgiving after Receiving Jesus in Holy Communion

Grade Four– review prayers from prior grades

Memorare
The Joyful, Luminous, Sorrowful, and Glorious Mysteries of the Rosary
Hail Holy Queen

Grade Five– review prayers from prior grades

Prayer before Reconciliation Prayer to St. Michael
Prayer after Reconciliation Litany to the Sacred Heart of Jesus

Grade Six– review prayers from prior grades

Act of Faith Act of Hope Act of Love
The Angelus The Divine Praises

Grade Seven– review prayers from prior grade

Anima Christi Prayer to the Holy Spirit the Beatitudes
Stations of the Cross Daily Examination of Conscience

Grade Eight– review prayers from prior grades

Prayer for Vocations Prayer to Know Your Vocation
Litany of the Blessed Virgin Mary Canticle of Mary – Luke 1:46-55
Canticle of Zechariah Luke 1:68-79 Canticle of Simeon Luke 2:29-32
Chaplet of Divine Mercy

Diocesan Religion Curriculum

High School – review prayers from prior grades

Devotions: Mother Church guides our prayer through various prayer forms: The devotional life is our daily, personal prayer times in which we deepen our knowledge and love of Christ. The devotional life disposes us to “active participation” in the Holy Mass (CCC 1674).

Devotions taught should include but not be restricted to:

“Praying with Scripture” *Lectio Divina* – this practice is strongly encouraged by Pope Benedict XVI and other Magisterial documents. (Go to www.diolc.org for details. Click on Offices & Ministries, followed by Catechesis/Praying with Scripture for meditation sheet and more information.) (CCC 2708, 1177)

The Rosary (CCC 971, 2678, 2708)

Eucharistic Adoration and Benediction

Devotion to the Sacred Heart of Jesus (CCC 478)

Chaplet of Divine Mercy

Stations of the Cross (CCC 1674)

Spiritual Reading, especially the lives of the saints (CCC 2705-2708)

Litanies

Novenas

Intercessory Prayer

Pilgrimages (CCC 2705-2708)

*** Based on the Diocesan Religion Curriculum for Grade School and High School**
diolc.org/catechesis/religion-curriculum

See next page

**“Going Deeper in Prayer”:
A Specific Focus on One Prayer at each Grade Level
for the entire year: diolc.org/prayer**

Pre-Kindergarten	Angel of God
Kindergarten	Sign of the Cross We always begin prayer with the Sign of the Cross and so this prayer needs to be taught in Pre-kindergarten. This prayer was chosen to be the main focus for Kindergarten in order to provide explanation of the gestures and help children understand better the words that give praise to the Father, Son and Holy Spirit.
First Grade	Hail Mary
Second Grade	Act of Contrition
Third Grade	Our Father
Fourth Grade	Meditating on the Mysteries of the Holy Rosary
Fifth Grade	Apostles’ Creed
Sixth Grade	Memorare
Seventh Grade	Prayer to Jesus after receiving Him in Holy Communion & any time
Eighth Grade	The Morning Offering
Ninth Grade	Praying with Scripture
Tenth Grade	Prayer to the Holy Spirit
Eleventh Grade	Psalm 23: “The Lord is My Shepherd”
Twelfth Grade	Psalm 25 with sessions on How God Offers Us Guidance

The purpose of “Going Deeper in Prayer” is to allow prayer to become more personal. The simple process is meant to foster an encounter with Jesus Christ, our Heavenly Father, the Holy Spirit, or Mary depending on the prayer.