

# Primary Grades K-2

## Primary Children:

- Form an image of God from the important people in their lives.
- Need to have concepts and facts presented one at a time.
- Experience God's love through prayer and interaction with others.
- Enjoy song, ritual, and humor.
- Need to learn cooperation with peers.
- Require a variety of activities due to a short attention span.
- Need to learn in an atmosphere of trust and personal acceptance.

## Practical Tips:

Establish consistent prayer times, for example, before meals and at bedtime.

Celebrate your child's baptismal anniversary with a special celebration.

Help your child memorize the Our Father, Hail Mary, Glory Be, and Sign of the Cross.

Determine specific ways to say, "I am sorry" and to make up when things go wrong in the family.

Place a family Bible in a special location in the home.

Read stories to your child from a children's Bible.

Decorate your dinner table with simple symbols of the Church season: Advent wreath, cross during Lent or a candle at Easter.

Plan a family meal to which you invite someone who may be lonely.

Make treats to share with classmates on a special holy day.

Take care of a garden or house plant as a way of showing respect for God's creation.

## Prayers and Prayer Practices to be learned:

**Sign of the Cross**

**The Lord's Prayer**

**Hail Mary**

**Act of Contrition**

**Liturgy of the Eucharist**

**Glory Prayer**

**Ten Commandments**

**Guardian Angel Prayer**

**Liturgy of the Word**

**Meal Prayers**

**Reconciliation**

**First Communion**

**Apostles' Creed**

# Intermediate Grades 3-5

## Intermediate Children:

- Learn faith identity through community customs and traditions.
- See God as judge and lawgiver due to their sense of fair play.
- Tend to be conformists and identify strongly with their peer group.
- Experience the beginnings of sexual awareness.
- Begin to think abstractly and have longer attention spans.
- Are curious and independent.
- Have a wide range of interests.

## Practical Tips:

Say a prayer before family meals.

Plan a special day with your child where you celebrate the gifts he or she brings to the family.

Periodically watch your child's favorite TV shows and discuss the values presented in the light of our Catholic faith tradition.

Share with your child the story of a saint who is special to you.

As a family, celebrate the Sacrament of Reconciliation during Advent and Lent.

Attend Mass as a family on a regular basis.

Set aside a specific time each week to review with your child what is being taught in his or her religion class.

Participate with your child in a parish-sponsored service project, such as the Lenten Rice Bowl, a clothing drive, or a parish potluck.

Identify one or more chores that your child could do that would be a real service to the family.

Invite your child to talk about how God is a part of his or her life.

## Prayers and Prayer Practices to be learned:

**Sign of the Cross**  
**Meal Prayers**  
**Hail Mary**  
**Act of Contrition**  
**Apostles' Creed**  
**Nicene Creed**  
**Liturgy of the Eucharist**

**Glory Prayer**  
**The Lord's Prayer**  
**Guardian Angel Prayer**  
**Ten Commandments**  
**Mysteries of the Rosary**  
**Sacraments**

**Reconciliation**  
**Liturgy of the Word**  
**Communion**  
**Benediction**  
**Stations of the Cross**  
**Order of Mass**

# Middle School Grades 6-8

## Young Adolescents:

- Learn faith identity through experience of community customs and traditions.
- Are in a period of rapid growth: physical, mental, and emotional.
- May experience awkwardness, uncertainty, and self-consciousness.
- Change from a strong interest in the group to an interest in one or two “best” friends.
- Find peer acceptance more important than adult approval.
- Experience an increase in sexual awareness.
- Are capable of reflective thinking.

## Practical Tips:

Get to know your child’s friends.

Talk with your child about the values he or she sees reflected in the media and in his or her daily surroundings.

Take every opportunity to affirm your child’s gifts and talents.

Encourage your child to become involved in some Church activity, for example, youth group, altar server, lector, choir member, or altar server at school Masses.

Provide your child with books or videos about the lives of the saints.

Participate with your child in a program sponsored by the parish: food and clothing collection, parish festival, a political action, or a spiritual retreat.

Encourage your child to take some “private time” each day for personal prayer.

As often as possible, attend Mass as a family.

As a family, celebrate the Sacrament of Reconciliation during Advent and Lent.

Read your youngster’s religion textbook and talk about what the class is studying.

Give your child a Bible that is written specifically for his or her age and understanding.

## Prayers and Prayer Practices to be learned:

**Sign of the Cross**

**Hail Mary**

**Guardian Angel Prayer**

**Liturgy of the Word**

**Apostles’ Creed**

**Stations of the Cross**

**Order of Mass**

**Precepts of the Church**

**Glory Prayer**

**Meal Prayers**

**Act of Contrition**

**Liturgy of the Eucharist**

**Ten Commandments**

**Nicene Creed**

**Rosary/Mysteries**

**Theological Cardinal Virtues**

**The Lord’s Prayer**

**Memorare**

**Reconciliation**

**Communion**

**Sacraments**

**Benediction**

## V. Prayers

### Act of Contrition

(See also Liturgical Practices - Sacrament of Reconciliation)

A. 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.

B.O My God, I am heartily sorry for having offended you. I detest all my sins because of the loss of heaven and the pains of hell. But most of all because they offend you my God who art all good and deserving of all my love. I firmly resolve with the help of thy grace to confess my sins, to do penance, and to amend my life. Amen.

### Apostles' Creed

I believe in God,  
The Father Almighty,  
Creator of heaven and earth.  
I believe in Jesus Christ,  
His only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
And born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day He rose again.  
He ascended into heaven, and  
Is seated at the right hand of the Father.  
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.

### **Nicene Creed**

We believe in one God,  
the Father, The Almighty,  
the maker of heaven and earth,  
of all that is seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from True God,  
begotten, not made,  
one in being with the Father.

Through him all things were made,  
For us men and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he was born of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate;  
he suffered, died, and was buried.

On the third day he rose again in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son. With the Father and the Son he is worshipped and  
glorified He has spoken through the Prophets. We believe in one, holy, catholic, and apostolic  
Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of  
the dead, and the life of the world to come. Amen.

### **Glory Prayer**

Glory be to the Father  
and to the Son,  
and to the Holy Spirit:  
as it was in the beginning,  
it is now, and ever shall be,  
world without end. Amen.

### **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.

**Grace After Meals**

We give you thanks,  
almighty God,  
for these and all Your blessings  
which we have received  
from your 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.

**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.

**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.

**Sign of the Cross** [CCC, #1257; cf. 786]

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