



**CATHOLIC**  
**PRAYERS AND PRACTICES**  
.....  
**for YOUNG DISCIPLES**  
.....

including  
**THE ORDER OF MASS**



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# CATHOLIC

## PRAYERS AND PRACTICES

### The Sign of the Cross

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



**In the name of  
the Father,**



**and of the Son,**



**and of the  
Holy Spirit.**



**Amen.**

## **Glory Be (Doxology)**

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.

## **Our Father (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.

## **Prayer to the Holy Spirit**

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.

# We pray the **ROSARY**

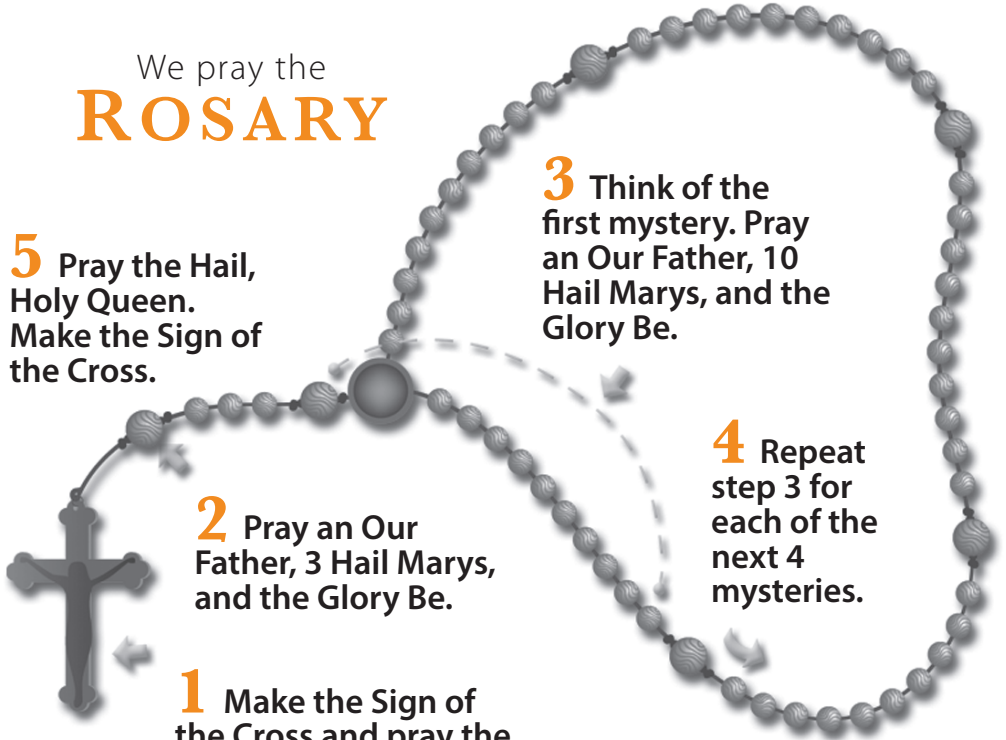
**5** Pray the Hail, Holy Queen. Make the Sign of the Cross.

**2** Pray an Our Father, 3 Hail Marys, and the Glory Be.

**1** Make the Sign of the Cross and pray the Apostles' Creed.

**3** Think of the first mystery. Pray an Our Father, 10 Hail Marys, and the Glory Be.

**4** Repeat step 3 for each of the next 4 mysteries.



## **Rosary**

*Catholics pray the Rosary to honor Mary and remember the important events in the lives of Jesus and Mary. There are twenty mysteries of the Rosary. Follow the steps from 1 to 5.*

## **Joyful Mysteries**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the Child Jesus After Three Days in the Temple

## Hail, Holy Queen

Hail, holy Queen, Mother of mercy:  
Hail, our life, our sweetness and our hope.  
To you do we cry, poor banished  
children of Eve.

To you do 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.



## Our Lady of Guadalupe

*The Church honors Mary as  
Our Lady of Guadalupe. Our  
Lady is known by many titles.  
Let us honor her as we pray:*

Our Lady of Guadalupe,  
pray for us!  
Patroness of the Americas,  
pray for us!  
Patroness of Mexico,  
pray for us!  
Mother of God,  
pray for us!  
Queen of peace,  
pray for us!



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# BLESSING PRAYERS

## Prayer for Mothers

Dear Jesus,  
you loved your mother, Mary,  
very much.

Bless my mother.  
Help her with the work  
she has to do today.

Help me to show her  
love and respect  
in all I say and do.  
Amen.



## Prayer for Fathers

Dear Jesus,  
you loved and obeyed Joseph,  
your father on Earth.

Bless my father.  
Help him with the work  
he has to do today.

Help me to show him  
love and respect  
in all I say and do.  
Amen.



## THE SEVEN SACRAMENTS

*Jesus gave the Church the Seven Sacraments.  
They are signs of God's love for us.  
When we celebrate the Sacraments,  
Jesus is really present with us.  
We share in the life of the Holy Trinity.*

### SACRAMENTS OF INITIATION



#### Baptism

We are joined to Christ. We become members of the Body of Christ, the Church.



#### Confirmation

The Holy Spirit strengthens us to live as children of God.



#### Eucharist

Sharing in the Eucharist joins us most fully to Christ and to the Church. We receive the Body and Blood of Christ.



## Act of Contrition

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.

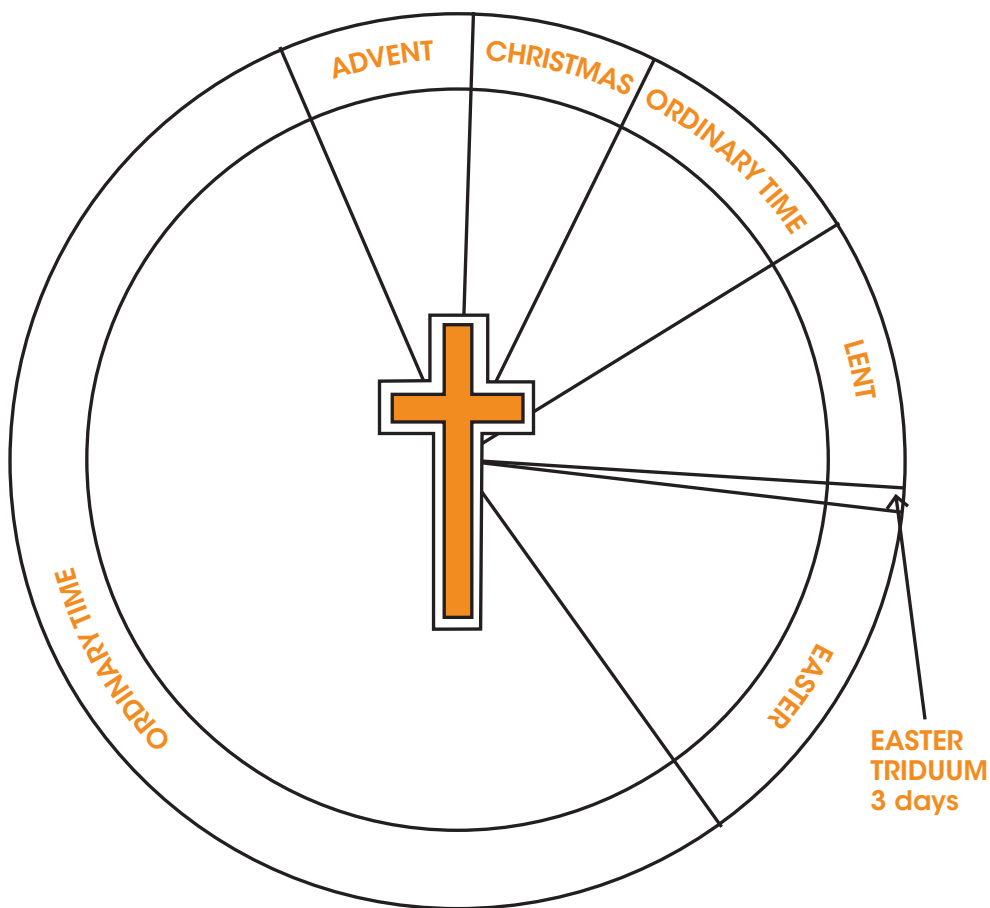


## The Good Shepherd

Jesus, the Good Shepherd, leads and cares for his sheep. He guides us in ways that are right and good.



## The LITURGICAL YEAR



Read page 33. Then color the seasons of the Church year using the colors, purple, white, and green.



# WE CELEBRATE THE MASS

## The **INTRODUCTORY RITES**

*We remember that we are the community of the Church. We prepare to listen to the Word of God and to celebrate the Eucharist.*

### **The Entrance**

We stand as the priest, deacon, and other ministers enter the assembly. We sing a gathering song. The priest and deacon kiss the altar. The priest then goes to the chair, where he presides over the celebration.

### **Sign of the Cross and Greeting**

The priest leads us in praying the Sign of the Cross. The priest greets us, and we say,  
**"And with your spirit."**

### **The Penitential Act**

We admit our wrongdoings.  
We bless God for his mercy.  
We pray:

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**





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