

PRAYERS TO SAY WITH YOUR CHILDREN:

Listed below:

Sign of the Cross

Our Father

Hail Mary

Act of Contrition

Glory Be

Grace before meals

Thanksgiving after meals

Stations of the Cross

How to pray the Rosary

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

Our Father:

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.

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.

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.

Optional additional ending

Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

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 will be forever. 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.

Thanksgiving After Meals

We give thanks for all your benefits, almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Stations of the Cross

Jesus, I wish to take this walk to Calvary with you . I know that you suffered for love of me. Help me always to love you.

(At each station, contemplate the scene and pray a brief, heartfelt prayer.)

1. Jesus is condemned to death on the cross,
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful Mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.

How to Pray the Rosary

Begin by making the sign of the Cross and praying the “Apostles’ Creed”, while you hold the crucifix.

Apostles’ Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, (At the words that follow, up to and including the Virgin Mary, all bow.) who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended in 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.

Pray one “Our Father” on the first bead, three “Hail Mary’s” on the next three beads for the virtues of Faith, Hope, and Charity, and finish with a “Glory Be to the Father.”

Announce the first Mystery (**Mysteries are listed below**) and meditate on it while praying an “Our Father” on the large bead, ten “Hail Mary’s” on the smaller beads, and finishing with a “Glory Be to the Father.” This is one decade.

Continue in this way until all you have prayed all five decades. To finish, pray the “Hail Holy Queen.”

Hail Holy Queen

Hail, holy queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O 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 made worthy of the promises of Christ.

Let us pray: O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we

beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

MYSTERIES OF THE ROSARY

Joyful Mysteries

1. Annunciation
2. Visitation
3. Nativity
4. Presentation of Jesus
5. Finding Jesus in the Temple

Glorious Mysteries

1. Resurrection of Jesus
2. Ascension
3. Descent of the Holy Spirit
4. Assumption of Mary
5. Coronation of Mary

Sorrowful Mysteries

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Jesus Carries His Cross
5. Crucifixion

Luminous Mysteries (Mysteries of Light)

1. The Baptism of Christ in the Jordan
2. Jesus' Self-manifestation at the Wedding Feast of Cana
3. The Announcement of the Kingdom along with the Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist as the Sacramental Expression of the Paschal Mystery