

# 4th grade prayer list

## Holy Water Etiquette

Worshippers dip their right fingertips into the holy water font as they enter church and make the sign of the cross. Repeat before exiting the church.

## The Sign of the Cross

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

(Make the Sign of the Cross before and after saying prayers. Please make sure your child is using his/her right hand, and going from forehead to the heart or stomach, to the left shoulder and then the right shoulder.)

## Proper Genuflecting (Kneeling)

We genuflect (to bend the knee) to show honor and servitude to Jesus Christ present in the Blessed Sacrament (whether in the tabernacle or exposed in the Monstrance during Eucharistic Adoration).

Everyone should genuflect (kneel) toward the tabernacle on the right knee so that it touches the ground whenever entering or leaving a pew, except during communion. During Eucharistic Adoration, adorers genuflect on both knees when Jesus is present in the monstrance.

## 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

## Our Father (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.

## Hail Mary

Hail Mary, full of grace;  
the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

## Guardian Angel

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,  
rule and guide. Amen.

## Glory Be

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

## Act of Contrition

O, my God, I am heartily sorry for having offended Thee.  
And I detest all of my sins because I dread the loss of heaven  
and the pains of hell, but most of all, because I have offend  
Thee, my God, Who art all good and deserving of my love.  
I firmly resolve, by the help of Thy grace, to confess my sins,  
to do penance, and to amend my life. Amen

## The Ten Commandments

1. I am the Lord, your God, you shall not have other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and 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.

## **THE MYSTERIES OF THE ROSARY**

### **THE JOYFUL MYSTERIES**

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

### **THE LUMINOUS MYSTERIES**

1. The Baptism in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of our Lord
5. The Institution of the Holy Eucharist

### **THE SORROWFUL MYSTERIES**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

### **THE GLORIOUS MYSTERIES**

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

### **Fatima Prayer**

Oh, my Jesus, forgive us our sins, save us from the fires of hell.

Lead all souls to heaven, especially those most in need of Thy mercy. Amen

### **Hail Holy Queen**

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this, our exile show unto us the blessed fruit of Thy 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.