

# Journey of Faith

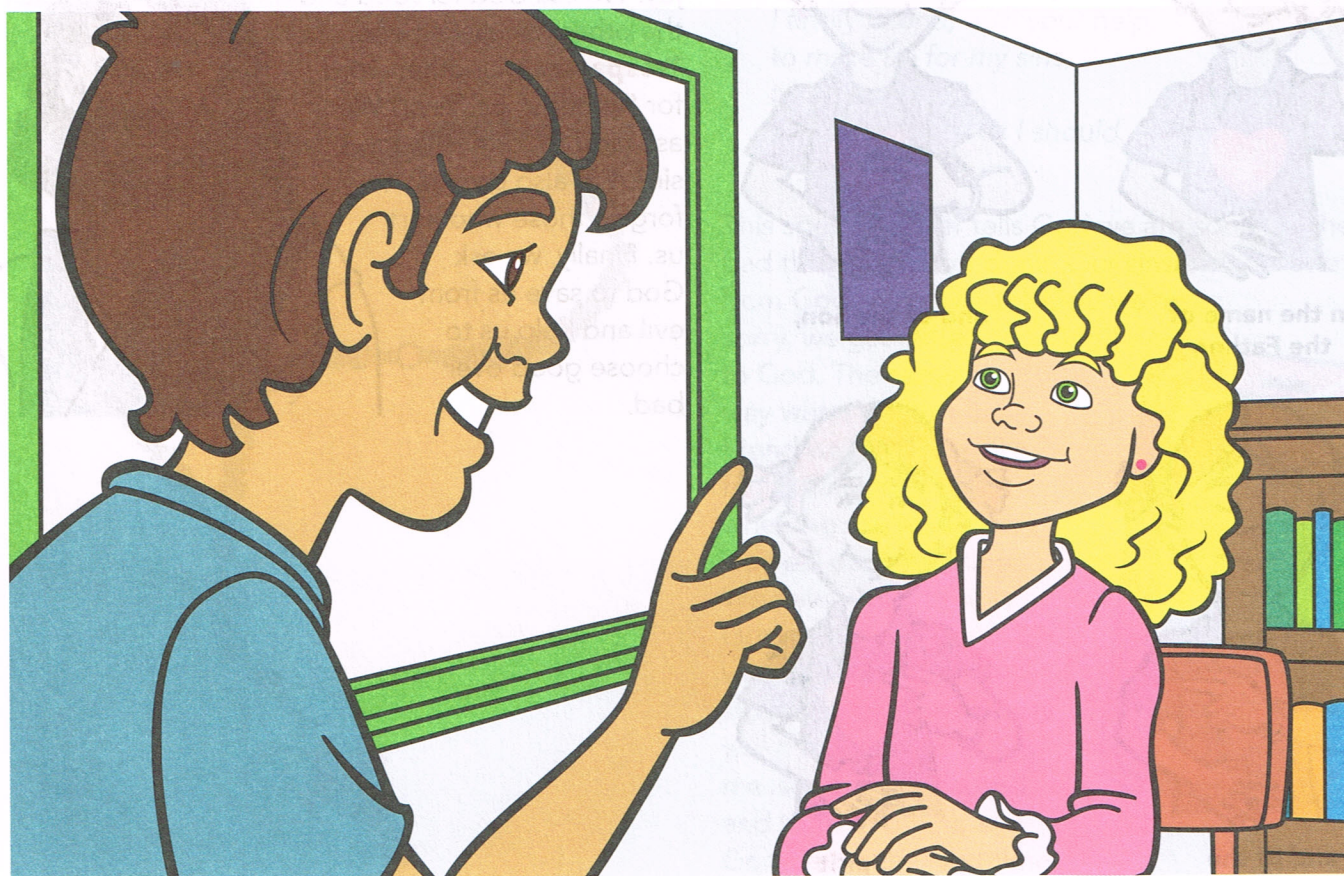
## Catholic Prayers

After their last RCIA session on prayer, Mrs. Evans invited the children to come next time ready to share their favorite way to pray. Tomás was excited. He and his grandma shared a special prayer every week when he went to visit her. He couldn't wait to share it with his class.

"My favorite prayer is called the rosary," Tomás announced. "It's made up of a lot of different prayers, like the Our Father. The Our Father was Jesus' prayer from the Bible. And the Hail Mary."

"I've never heard of those prayers before," Tanya said. "Could you teach me?"

"Sure!" Tomás was happy he could share his favorite prayer.



Catholics love to pray together. It brings us together as a community. That's why Catholics have so many formal prayers. When we pray as a group, it's like we're having a conversation with God and the rest of our friends!

## Our Father

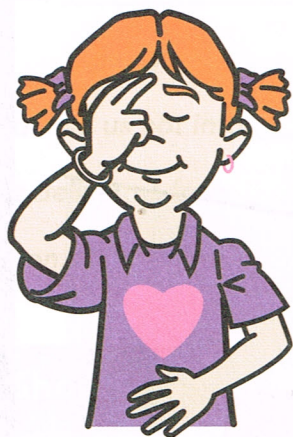
This prayer honors God the Father, Jesus taught his friends this prayer when they asked him how to pray (Matthew 6:9–14, Luke 11:1–4). We can pray it alone, with our families, and at Mass. Other Christians pray this prayer, too!



*How do you and your family pray?*

## Sign of the Cross

This prayer honors the Holy Trinity. We use this all the time, like during Mass and when we bless ourselves with holy water. We say: *In the name of the Father, and of the Son, and of the Holy Spirit* while touching our forehead, chest, and shoulders. Then we say: *Amen* and bring our hands together. Watch your teacher and then try it on your own!



**In the name of the Father,**



**and of the Son,**



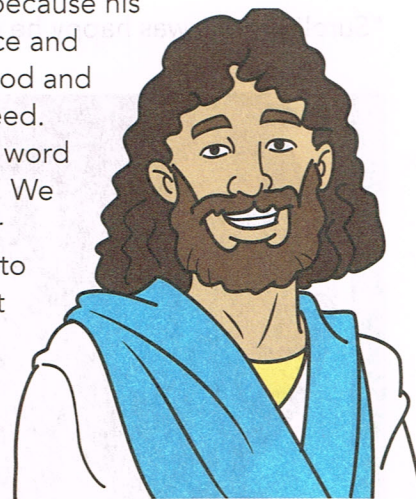
**and of the Holy...**



**...Spirit**

*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*  
(see Matthew 6:9–13).

This prayer says that God is the Father and ruler of us all and that he lives in heaven. **Hallowed** means “holy.” So we pray God’s name will be used in a holy way. We want God’s kingdom to come to us on earth, because his kingdom is full of peace and joy. We ask God for food and the other things we need. **Trespasses** is another word for “wrongs” or “sins.” We ask God to forgive our sins. We also promise to forgive those who hurt us. Finally, we ask God to save us from evil and help us to choose good over bad.



## 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.*

This prayer honors the Mother of Jesus, Mary. "Hail Mary, full of grace" are the words the angel Gabriel used when he told Mary she would give birth to Jesus. This prayer says, "Hello, Mary. You are full of God's loving Spirit! You are the greatest of all women."

A **womb** is where a baby grows before he or she is born, so a "fruit" of the womb is a baby. For Mary, that was Jesus. God the Father made Mary holy and without sin so she could become the Mother of God.

We also pray to and honor Mary through the **rosary**, a special prayer we pray using counted beads. The rosary includes many Hail Marys and other prayers.



## The 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 ever  
shall be, world without end. Amen.*

This prayer honors the Trinity. As a sign of respect for God, many people bow at the waist when they say it.



**Practice saying the Glory Be while bowing.**

## The Act of Contrition

*Oh my God, I am sorry for my sins  
with my whole heart. In choosing to do  
wrong and failing to do good,  
I have sinned against you and your Church.  
I firmly intend, with your help,  
to make up for my sins,  
to sin no more,  
and to love you as I should. Amen.*

This special prayer tells God we are sorry for the bad things we have done. Our sins push us away from God. When we tell God we're sorry, we get closer to God. The same way when we hurt our friend we don't feel like friends any more, but when we say we're sorry we heal our friendship. We never want to hurt God or the people we care about. So we intend, or promise, to say we're sorry, try to fix any messes our sins caused, and to treat others and God better the next time.





# COMPLETE THE PRAYERS

Fill in the blanks using the word bank below. Some words will be used more than once.

now	earth	full	Holy Spirit	sinners	evil
heaven	bread	God	Jesus	temptation	Son
Father	beginning	forgive	blessed	kingdom	trespasses

Our Father, who art in \_\_\_\_\_,  
 hallowed be thy name;  
 thy \_\_\_\_\_ come;  
 thy will be done  
 on \_\_\_\_\_ as it is in \_\_\_\_\_.  
 Give us this day our daily \_\_\_\_\_;  
 and forgive us our \_\_\_\_\_  
 as we \_\_\_\_\_ those who trespass  
 against us;  
 and lead us not into \_\_\_\_\_,  
 but deliver us from \_\_\_\_\_.  
 Amen.

Hail Mary, \_\_\_\_\_ of grace,  
 the Lord is with you;  
 \_\_\_\_\_ are you among women,  
 and blessed is the fruit  
 of your womb, \_\_\_\_\_.  
 Holy Mary, Mother of \_\_\_\_\_,  
 pray for us \_\_\_\_\_  
 \_\_\_\_\_ and at the hour of our death.  
 Amen.

Glory be to the \_\_\_\_\_,  
 and to the \_\_\_\_\_,  
 and to the \_\_\_\_\_;  
 as it was in the \_\_\_\_\_,  
 is now,  
 and ever shall be,  
 world without end.  
 Amen.

## In Short

- Personal and traditional prayers connect us to God in different ways.
- The mysteries of the rosary reflect the mystery of Christ.
- There are many traditional Catholic prayers.



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