

Faith at Home

FIRST GRADE – BASIC PRAYERS

Please help your child to memorize the following prayers, as well as to understand their meaning.

Sign of the Cross

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

Whenever we pray, we begin with the Sign of the Cross. In it, we reflect on our belief that God is made up of three persons. Here is how you make the sign of the cross:



1. In the name of the Father

2. and of the Son

3. and of the Holy

4. Spirit

5. 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.

This prayer was given by Jesus to His disciples in the Sermon on the Mount. Parts of it remind us of our need to love and respect God and one another, and other parts pray that God would provide for our needs, both in body and spirit.

We should also reflect on the title of this prayer. Long ago, people would never have called God their Father. When Jesus taught His followers this prayer, He was also teaching them to realize that God loves them with the love of a father.

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.

When we pray to Mary and the other saints, we don't ask them to help us in the way that God would help us. Instead, we ask them to pray to God for us. Since the saints are with God in Heaven, we believe that their prayers have a special power, and that they will help us because they love us and want to help us.

This prayer begins with praises of Mary from the Gospel of St. Luke (1:28 and 1:42). It concludes with a request to Mary that she pray for us.