

Prayers & Teachings

Thursday, August 07, 2008



Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

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1. 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

Grace after meals

We give Thee thanks, O Almighty God,
for these Thy benefits
Who lives and reigns, world without end.
Amen.
May the souls of the faithful departed,
through the mercy of God,
rest in peace.
Amen.

2. Sign of the Cross

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

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3. 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.

4. 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.

5. 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.

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6. Act of Contrition



O my God, I am heartily sorry for having offended thee and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life.

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7. Rite of Confession



1. Preparation of priest and penitent: prayer and examination of conscience
2. Reception of Penitent - Make the Sign of the Cross.
3. Confession - Penitent makes the sign of the cross: Bless me Father for I have sinned. It has been [indicate time] since my last confession. If the penitent is unknown to the priest, it is proper for the penitent to indicate his state in life, the time of his last confession, his difficulties in leading the Christian life, and anything else which may help the confessor in his ministry.

4. Confession of Sins and Acceptance of Satisfaction

The priest helps penitent, to make a complete [integral] confession, (At this point the penitent must confess all grave sins but may confess any other sin or imperfection to have God's help and forgiveness. The priest encourages penitent, to have sincere sorrow, He offers suitable counsel and proposes [imposes] an act of penance.

Act of Penance:

The act of penance makes up for past, helps penitent to begin a new life, and provides an antidote for weakness. It should correspond to the seriousness and nature of the sins.

It can take the form of prayer, self-denial, and especially service of one's neighbor and works of mercy. This underlines the fact that sin and its forgiveness have a social aspect. (*Rite*, #18)

(The penance can be a way to undue harm done. Whenever we sin, we cause someone hurt, we disappoint God's love and his desire that we love others. An action may be imposed to help make up for it, and to make restitution. Alternatively, the priest may ask prayer which could be for the person who was hurt, and to ask God's help to avoid this sin again. Sin separates us from God while prayer does the opposite. It brings us closer to God. [CCC 1494.](#))

5. Prayer of the Penitent: Act of Contrition

6. Absolution: (This is the prayer said by the priest or bishop that actually confers forgiveness.)

7. Proclamation of Praise of God and Dismissal

Priest: Give thanks to the Lord, for he is good.,
Penitent: His mercy endures forever.

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8. Ten Commandments

ONE: *'You shall have no other gods before Me.'*

TWO: *'You shall not make for yourself a carved image--any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.'*

THREE: *'You shall not take the name of the LORD your God in vain.'*

FOUR: *'Remember the Sabbath day, to keep it holy.'*

FIVE: *'Honor your father and your mother.'*

SIX: *'You shall not murder.'*

SEVEN: *'You shall not commit adultery.'*

EIGHT: *'You shall not steal.'*

NINE: *'You shall not bear false witness against your neighbor.'*

TEN: *'You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.'*

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9. Order of Mass

Introductory Rites

Introit or Gathering Song, Veneration of the Altar, Sign of the Cross, Greeting, Penitential Rite, Glory to God (on all Sundays except during Advent and Lent; on solemnities and major feast days during the week), Collect or Opening Prayer

Liturgy of the Word

First Reading (on Sundays and solemnities, generally from the Old Testament; during the Easter Season, from the Acts of the Apostles; on feasts of the Blessed Virgin Mary, may be from the Book of Revelation); **Responsorial Psalm** (taken from one of the 150 Psalms or from an Old or New Testament Canticle); **Second Reading** (only on Sundays, solemnities and special feast days; always from the epistles)

Gospel Acclamation (outside of Lent, the Alleluia is sung. During Lent, another approved acclamation is sung. If the Gospel Acclamation is not sung, it should be omitted.) **Gospel** (taken from one of the four Gospels) **Homily Profession of Faith** (recited or sung on all Sundays and solemnities) **General Intercessions** or Prayer of the Faithful

Liturgy of the Eucharist

Preparation of the Altar and Presentation of the Gifts, Invitation to Prayer, Prayer over the Gifts, Preface Dialogue, Preface and Acclamation, Eucharistic Prayer, Concluding Doxology, The Lord's Prayer, Rite of Peace, Breaking of the Bread, Invitation to the Eucharist, Distribution of Holy Communion, Sacred Silence, Prayer after Communion

Concluding Rites

Announcements (if there are any), Final Blessing and Dismissal

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10. Apostle's Creed

I believe in God, the Father Almighty,
Creator of Heaven and Earth
And in Jesus Christ
His only Son, Our Lord
Who was conceived of the Holy Spirit
Born of the Virgin Mary
Suffered under Pontius Pilate
Was crucified, died and was buried.
On the third day, he rose again
He ascended into Heaven
and is seated at the right hand
of God, the Father Almighty.
He will come again 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.



11. Holy Days of Obligation

January 1, the solemnity of Mary, Mother of God;
Thursday of the Sixth Week of Easter, the solemnity of the
Ascension;
August 15, the solemnity of the Assumption of the Blessed Virgin
Mary;
November 1, the solemnity of All Saints;
December 8, the solemnity of the Immaculate Conception;
December 25, the solemnity of the Nativity of Our Lord Jesus
Christ.

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12. Seven Sacraments

Baptism
Eucharist
Reconciliation
Confirmation
Marriage
Holy Orders
Anointing of the Sick

13. Act of Faith

O my God, I firmly believe all the truths that the Holy Catholic Church believes and teaches; I believe these truths, O Lord, because Thou, the infallible Truth, hast revealed them to her; in this faith I am resolved to live and die. Amen.

14. Act of Hope

O my God, relying on Thy promises, I hope that, through the infinite merits of Jesus Christ, Thou wilt grant me pardon of my sins, and the graces necessary to serve Thee in this life and to obtain eternal happiness in the next. Amen

15. Act of Love

O my God, I love Thee with my whole heart and above all things, because Thou art infinitely good and perfect; and I love my neighbour as myself for love of Thee. Grant that I may love Thee more and more in this life, and in the next for all eternity. Amen

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16. The Angelus



*(To be said at 6am, noon and 6pm daily,
except during the Easter season)*

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary,...

V. Behold the handmaid of the Lord

R. Let it be done unto me according to thy word.

Hail Mary,...

V. And the Word was made flesh

R. And dwelt among us.

Hail Mary,...

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ

Let us pray: Pour forth, we beseech Thee, O Lord,
Thy grace into our hearts,

That we, to whom the Incarnation of Christ Thy Son
was made known by the message of an angel,

may, by His Passion and Cross,

be brought to the glory of His Resurrection

Through the same Christ, Our Lord

Amen.

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17. Morning Offering

O Jesus,
through the Immaculate Heart of Mary,
offer You my prayers, works,
joys and sufferings
of this day for all the intentions
of Your Sacred Heart,
in union with the Holy Sacrifice of the Mass
throughout the world,
in reparation for my sins,
for the intentions of all my relatives and friends,
and in particular
for the intentions of the Holy Father.

Amen.



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18. Mysteries of the Rosary



The Five Luminous Mysteries

Thursday

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

The Five Joyful Mysteries

Monday & Saturday

1. The Annunciation: Humility
2. The Visitation: Charity
3. The Birth of Our Lord: Poverty, or detachment from the world
4. The Presentation of Our Lord: Purity of heart, obedience
5. The Finding of Our Lord in the Temple: Piety

The Five Sorrowful Mysteries

Tuesday & Friday

1. The Agony in the Garden: Contrition for our sins
2. The Scourging at the Pillar: Mortification of our senses
3. The Crowning with Thorns: Interior mortification
4. The Carrying of the Cross: Patience under crosses
5. The Crucifixion and Death of Our Lord: That we may die to ourselves

The Five Glorious Mysteries

Sunday & Wednesday

1. The Resurrection: Conversion of heart
2. The Ascension: A desire for heaven
3. The Coming of the Holy Ghost: The Gifts of the Holy Ghost
4. The Assumption of our Blessed Mother into Heaven: Devotion to Mary
5. The Coronation of our Blessed Mother: Eternal happiness

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19. Corporal Works of Mercy

1. Feed the Hungry
2. Give drink to the Thirsty
3. Clothe the Naked
4. Visit the Imprisoned
5. Shelter the Homeless
6. Visit the Sick
7. Bury the dead

20. Spiritual Works of Mercy

1. Admonish the Sinner
2. Instruct the Ignorant
3. Counsel the Doubtful
4. Comfort the Sorrowful
5. Bear wrongs PATIENTLY
6. Forgive all Injuries
7. PRAY for the Living and the Dead



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21. Psalm 23



1

[1](#) A psalm of David. [2](#) The LORD is my shepherd; there is nothing I lack.

2

In green pastures you let me graze; to safe waters you lead me;

3

[3](#) you restore my strength. You guide me along the right path for the sake of your name.

4

[4](#) Even when I walk through a dark valley, I fear no harm for you are at my side; your rod and staff give me courage.

5

[5](#) You set a table before me as my enemies watch; You anoint my head with oil; my cup overflows.

6

[6](#) Only goodness and love will pursue me all the days of my life; I will dwell in the house of the LORD for years to come.

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22. Precepts of the Church

- I. To attend Mass on Sundays and Holy Days of Obligation, and resting from servile works.
- II. To observe the days of abstinence and fasting.
- III. To confess our sins to a priest, at least once a year.
- IV. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season.
- V. To contribute to the support of the Church.
- VI. To obey the laws of the Church concerning Matrimony.
- VII. To participate in the Church's mission of Evangelization of Souls. (Missionary Spirit of the Church)

23. The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired then with confidence, I fly unto you, O Virgin of virgins, my Mother! To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen

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24. Eight Beatitudes – St. Matthew

- Blessed are the [poor](#) in [spirit](#): for theirs is the [kingdom of heaven](#). ([Verse 3](#))
- Blessed are the meek: for they shall possess the land. ([Verse 4](#))
- Blessed are they who mourn: for they shall be comforted. ([Verse 5](#))
- Blessed are they that hunger and thirst after [justice](#): for they shall have their fill. ([Verse 6](#))
- Blessed are the merciful: for they shall obtain mercy. ([Verse 7](#))
- Blessed are the clean of heart: for they shall see [God](#). ([Verse 8](#))
- Blessed are the peacemakers: for they shall be called the children of [God](#). ([Verse 9](#))
- Blessed are they that suffer [persecution](#) for [justice](#)' sake, for theirs is the [kingdom of heaven](#). ([Verse 10](#))