

Family Prayer Manual for the Families of  
Holy Trinity Catholic School

## Family Prayer



*Please keep this booklet handy and take time  
daily to pray with your children.  
This book offers prayers your children will need to learn  
from Preschool-Grade 8.*

### **THE SIGN OF THE CROSS**

In the name of the Father and 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 thee. Blessed are 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.

### **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.

### **GUARDIAN ANGEL PRAYER**

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.

### **THE NICENE CREED**

I believe in one God, the Father almighty, maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages.

God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
Through him all things were made.

For us men and for our salvation he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day in accordance with the Scriptures.  
He ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come.

Amen.

This I Believe...



Family Prayer Manual for the Families of  
Holy Trinity Catholic School

**THE 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 by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall 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.

**PRAYER TO THE HOLY SPIRIT**

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

**ACT OF FAITH**

O my God, I firmly believe that You are one God in three Divine Persons, the Father, the Son, and the Holy Spirit. I believe in Jesus Christ, Your Son, who became man and died for our sins, and who will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived. Amen.

**ACT OF HOPE**

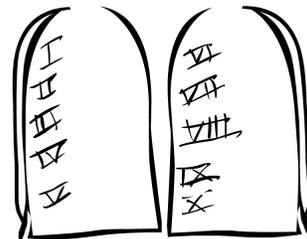
O my God, relying on Your infinite goodness and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

**ACT OF LOVE**

Oh my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.

**THE TEN COMMANDMENTS**

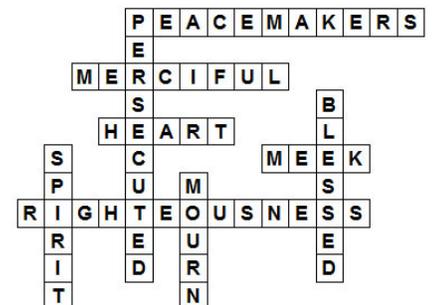
1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord God in vain
3. Remember to keep holy the Sabbath Day
4. Honor your father and your mother
5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods



**THE BEATITUDES**

- ♥Blessed are the poor in spirit, for theirs is the kingdom of heaven
- ♥Blessed are they who mourn, for they will be comforted
- ♥Blessed are the meek, for they will inherit the land
- ♥Blessed are they who hunger and thirst for righteousness, for they will be satisfied
- ♥Blessed are the merciful, for they will be shown mercy
- ♥Blessed are the clean of heart, for they will see God
- ♥Blessed are the peacemakers, for they will be called children of God
- ♥Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven

Beatitudes



Family Prayer Manual for the Families of  
Holy Trinity Catholic School

**THE PRECEPTS OF THE CHURCH**

1. You shall attend Mass on Sundays and on holy days of obligation
2. You shall confess your sins at least once a year
3. You shall receive the sacrament of the Eucharist at least during the Easter season
4. You shall observe the days of fasting and abstinence by the Church
5. You shall help to provide for the needs of the Church

**CARDINAL VIRTUES**

♥Prudence

♥Justice

♥Fortitude

♥Temperance

**SEVEN SACRAMENTS**

*Sacraments of Initiation*

Baptism

Eucharist

Confirmation

*Sacraments of Healing*

Reconciliation

Anointing of the Sick

*Sacraments of Service*

Matrimony

Holy Orders



**STATIONS OF THE CROSS**

1. Jesus is condemned to death
2. Jesus carries his cross
3. Jesus falls for the first time
4. Jesus meets his afflicted mother
5. Simon helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls a third time
10. Jesus is stripped of his clothes
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is laid in the tomb

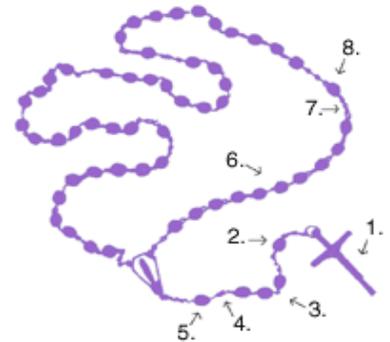


Family Prayer Manual for the Families of  
Holy Trinity Catholic School

**THE ROSARY**

*The JOYFUL MYSTERIES of the Holy Rosary*  
(suggested to pray on Monday and Sunday)

1. The Annunciation of Gabriel to the Virgin Mary (Luke 1:26-38)
2. The Visitation of Virgin Mary to Elizabeth (Luke 1:39-56)
3. The Birth of Jesus (Luke 2:1-21)
4. The Presentation of Our Lord in the Temple at Jerusalem (Luke 2:22-38)
5. The Finding of the Child Jesus in the Temple at Jerusalem (Luke 2:41-52)



*The SORROWFUL MYSTERIES of the Rosary*  
(suggested to pray on Tuesday and Friday)

1. The Agony of Our Lord in the Garden of Gethsemane (Matthew 26:36-56)
2. Our Lord is Scourged at the Pillar (Matthew 27:26)
3. Our Lord is Crowned with Thorns (Matthew 27:27-31)
4. Our Lord Carries the Cross to Calvary (Matthew 27:32)
5. The Crucifixion of Our Lord (Matthew 27:33-56)

*The GLORIOUS MYSTERIES of the Rosary*  
(suggested to pray on Wednesday and Sunday)

1. The Resurrection of Our Lord (John 20:1-29)
2. The Ascension of Our Lord into Heaven (Luke 24:36-53)
3. The Descent of the Holy Spirit on the Virgin Mary and the Apostles at Pentecost (Acts 2:1-41)
4. The Assumption of the Virgin Mary into Heaven (Munificentissimus Deus, Pope Pius XII 1950)
5. The Coronation of Mary as Queen of Heaven and Earth (Revelation 12:1)

*The LUMINOUS MYSTERIES of the Rosary*  
(suggested to pray on Thursday)

1. The Baptism of Our Lord in the Jordan (Matthew 3:13-16)
2. The Wedding Feast at Cana (John 2:1-11)
3. The Proclamation of the Kingdom of Heaven (Mark 1:14-15)
4. The Transfiguration of Our Lord (Matthew 17:1-8)
5. The Institution of the Eucharist at the Last Supper (Matthew 26)

***How to Pray the Rosary***

1. Make the Sign of the Cross and pray the Apostles's Creed
2. Pray the Our Father
3. Pray three Hail Marys
4. Pray Glory Be to the Father
5. Announce the mystery for reflection and pray the Our Father
6. Pray 10 Hail Marys
7. Finish the decade with the Glory Be to the Father

**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. Our Saviour Jesus Christ suffered and died for us. In His Name, my God, have mercy. Amen.



The  
Spiritual  
Works  
of Mercy



The  
Corporal  
Works  
of Mercy



Family Prayer Manual for the Families of  
Holy Trinity Catholic School