

Appendix of Prayers

Every Catholic school student should be exposed to the prayers of the Church in a way that develops the habit of communal and private prayer. The formation of supervised **prayer groups, sodalities, scripture study, devotional organizations** all contribute to a lively prayer life in a school. What follows is intended to facilitate, not only the memorization of prayers, but also the ability to pray fervently and efficaciously well into adulthood.

This Appendix is designed to insure that every student know by heart at a minimum the **Sign of the Cross**, the **Our Father**, the **Hail Mary**, the **Glory Be to the Father**, the **Apostles' Creed**, the **Act of Contrition**, a **form for Confession**, **Grace before and after meals**, a **Morning Offering**, a **form of Evening/Night Prayer**, the **Mysteries of the Rosary** and how to pray them, and the **responses during Mass**. Students should be able to recite these prayers from memory (or an approximation in the case of the form for Confession and examination of conscience). They should have opportunities to practice the **responses to the prayers at Mass** and be expected to participate reverently. Students should have regular opportunities to make **Holy Hours** and to attend **Exposition and Benediction**. These prayers and devotion should be reviewed or introduced during Ninth Grade and continued throughout the four years.

Students should be encouraged to say some form of **Morning and Evening prayer** on their own, the **Rosary**, go to **Confession often**, be mindful of the **liturgical calendar** in their prayer lives (e.g., concentrate on the Rosary in May/October and prayers for the souls in purgatory in November), pray the **Stations of the Cross** during Lent, **pray for vocations**, the **sick, world peace** and an **end to abortion**, for example. Learning to pray with the Church in this way should be the focus of the Tenth Grade.

High school students should be introduced to *Lectio Divina*, the traditional prayer form involving reflection on a Scripture passage/s. This is especially appropriate during the Ninth and Tenth Grades when Scripture is being studied, though it should not be limited to these grades.

High school students should be introduced to the **Liturgy of the Hours**, the official prayer of the Church recited by all priests, religious and deacons. A complete copy of the Hours for each day can be obtained from ebreviary.com; the monthly periodical *Magnificat* offers an abbreviated version. Liturgy of the Hours, how to make a **Holy Hour** and **prayers for Benediction** should be the focus of the Eleventh Grade morality year to help students understand that a life of Christian virtue depends upon persistent, regular prayer.

Finally, the Church has many novena prayers, litanies and prayers of consecration. **Novenas to Our Blessed Mother, St. Joseph, St. Anne** are included here along with a **Consecration to the Sacred Heart**. This should be the focus of the Twelfth Grade, especially as a complement to the Vocations Curriculum. Prayers to the various patron saints complement Church history. The different expressions of prayer, particularly **meditation** and **contemplation**, should be reinforced in Senior Year (cf. St. John of the Cross, St. Teresa of Avila, St. Ignatius).

This Appendix is arranged into convenient brochures which, when copied and folded, may be distributed to students and used in the classroom, during the school day, at Mass and other liturgical services, by prayer groups, at home, when students go to confession, during retreats, novenas, etc. Please share these brochures with teachers of all disciplines so that they may be used in all of the classrooms.

Prayers and Devotions

The Holy Sacrifice of the Mass

Prayers and Responses

Exposition/Hour of Adoration/Benediction of the Most Blessed Sacrament

Explanations of Each Devotion

Suggestions for Eucharistic Adoration

Divine Praises

Scripture Readings for Use in Making a Holy Hour

Devotions

Sacred Articles Used in Eucharistic Devotions

Sacrament of Reconciliation/Examination of Conscience

Prayer of Preparation

Examination of Conscience

Prayer after the Sacrament

Prayer for Goodness

Prayer for an Upright Spirit

Prayer to Jesus, Friend of Sinners

Prayer to Jesus the Healer

Prayer for Mercy

Prayer for Pardon of Past Sins

Daily Prayers

Morning Prayers

Sign of the Cross

Morning Offering

Angel of God

Our Father

Hail Mary

Glory be to the Father

The Apostles' Creed

During the Day

Prayer before and after Meals

The Angelus

Regina Coeli

Night Prayers

Examination of Conscience

Act of Contrition

Act of Faith

Act of Hope

Act of Love

Additional Prayers

Memorare
 Prayer of Dedication to Jesus
 Prayer to St. Michael
 Prayer before a Crucifix
 Spiritual Communion
 Consecration to the Most Blessed Mother
 Prayer to St. Joseph
 Magnificat

Prayers for Special Occasions and Intentions

Hail, Holy Queen
 Come, Holy Spirit
 Prayer of St. Francis
 Fatima Prayer
 Prayer for the Holy Souls in Purgatory
 Prayer to St. Gertrude
 Prayer to Our Lady of Guadalupe
 Prayer to the Sacred Heart of Jesus
 Consecration to the Sacred Heart of Jesus
 Aspirations to the Sacred Heart
 Prayer for Holiness

Additional Prayers for Special Occasions and Intentions

Prayer for Our Family
 Prayer for the Dying
 Prayer to Mary Most Holy
 Prayer for Peace
 Prayer for the Sick
 Prayer for Vocations
 Prayer for the Holy Father
 Prayer to Protect Life
 Aspirations

Prayers before and after Mass and Holy Communion**Signs of Reverence****Prayers for Students**

Prayer before Mass
 Prayer after Mass
 Prayer before Receiving Holy Communion
 Signs of Reverence
 Holy Communion
 Our Father
 Sign of Peace
 Prayer for Character
 Prayer for Wisdom

Prayer for Knowledge
Prayer for Courage
A Student's Prayer
Prayer for Peace of Mind

Meditative Prayer

Definition
Method of Meditation
Additional Suggestions for Meditative Prayer

Our Lady's Rosary

Mary's Rosary
Mysteries of the Rosary
Hail, Holy Queen
Prayers to Our Lady

Novena Prayers

Origin of Novenas
Novenas to:
The Holy Spirit
The Sacred Heart of Jesus
Christmas Novena
The Christ Child
Mary Immaculate
St. Joseph
St. Anne
St. Michael the Archangel
The Holy Angels
St. Anthony
Rosary Novena
One's Patron Saint
Act of Thanksgiving

The Stations of the Cross