

TEACHING PRAYER



Diocese of Springfield-Cape Girardeau



INTRODUCTION

Prayer is understood as the lifting up of the mind and heart to God in adoration, contrition, thanksgiving, and supplication. Prayer is when we consecrate all our time and attention to God alone. Just as communication is essential to any relationship, so conversation with God is essential to a relationship with God. All must make time for prayer. We pray because Jesus prayed, for the reasons He prayed, and the way He taught us to pray. We teach prayer to others because Jesus taught His disciples to pray.

Here are some general principles to bear in mind when teaching prayer:

Ways to pray: simply talking to Jesus, the Father or Holy Spirit from the heart, adoring Jesus in the Eucharist, especially when exposed on the altar, Lectio Divina with Scripture, Examen,

- a. Prayer is learned by praying. It is important to take time for prayer when you meet for religious instruction.
- b. Explain the proper motivation for prayer: because God loves us, because we love God, and because we are aware of the Divine Indwelling. God starts the conversation and waits for our response.
- c. Provide the proper atmosphere for prayer: silence, stillness, proper posture, and certain places and times of the day that are best for prayer.
- d. Encourage the students to pray about what is important to them.
- e. Make religion function throughout the day by means of prayer: an offering of the whole day in the morning, short phrases that can be memorized and prayed during the day, blessings at meals, an act of thanksgiving and contrition in the evening.

Here are some suggestions on how to teach prayer:

- a. Introduce the prayer in a way that arouses interest, then explain the occasion or context of the prayer.
- b. Teach the meaning of the prayer, of individual words and phrases, by using synonyms or paraphrasing.
- c. Teach an appreciation for the prayer by the richness of its content, or by using stories, pictures, or dramatization.
- d. Teach the prayer “word perfect,” that is, pronounce the words slowly and distinctly. Make sure the meaning is understood before you work on memorization. Use flashcards for memorization drills, and involve the parents in listening to the prayers at home.

PRAYERS BY GRADE LEVEL

The following list of prayers was compiled in response to a request for guidance regarding the form of prayers to be taught, and the age level at which the students could be expected to commit the prayers to memory. There is no reason why a teacher may not teach these prayers earlier than what is scheduled. This list and schedule is meant to serve as a guide.

KINDERGARTEN/FIRST GRADE

By the time an average student finishes the First Grade, he or she should be able to repeat from memory the following prayers:

The Sign of the Cross	Our Father
Hail Mary	Glory Be
Grace Before Meals	Grace After Meals

SECOND GRADE

By the time an average student finishes the Second Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

Act of Contrition
Prayer to the Guardian Angel
All responses at Mass

At the elevation of the host during Mass, children should be taught to silently and internally say, "My Lord and My God."

At the elevation of the chalice during Mass, children should be taught to silently and internally say, "My Jesus, Mercy."

*Second graders should be familiar with the Ten Commandments but not necessarily memorized.

*Parents and Catechists of all those children preparing for First Communion should view the videos created by Bishop Rice on YouTube:

[The Mass and Holy Eucharist, Part 1](#)

[The Mass and Holy Eucharist, Part 2](#)

THIRD GRADE

By the time an average student finishes the Third Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

The Apostles' Creed	Responses to the Bishop's Blessing
The Mysteries of the Rosary	How to Pray the Rosary
Prayer for the Poor Souls in Purgatory	

FOURTH GRADE

By the time an average student finishes the Fourth Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

Hail Holy Queen	Angelus	Ten Commandments	
Optional prayers:	Act of Faith	Act of Hope	Act of Love

FIFTH GRADE

By the time an average student finishes the Fifth Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

Memorare	Morning Offering
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*Fifth Graders should also be able to list and briefly explain the Seven Sacraments.

SIXTH GRADE

By the time an average student finishes the Sixth Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

The Way of the Cross	Prayer to the Holy Spirit
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SEVENTH GRADE

By the time an average student finishes the Seventh Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

The Divine Praises	“Sub tuum praesidium”
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*Those seventh and/or eighth graders preparing for Confirmation, should be able to list the Seven Gifts of the Holy Spirit.

*All teens preparing for Confirmation should view the videos created by Bishop Rice on YouTube: [Confirmation, Gifts of the Holy Spirit – Part 1](#) [Confirmation, Gifts of the Holy Spirit – Part 2](#)

EIGHTH GRADE

By the time an average student finishes the Eighth Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

Prayer to St. Michael	Regina Coeli
Prayer for the Pope	

FORM OF PRAYERS

When teaching prayers and helping the students to commit them to memory, it is recommended that any confusion about which prayer forms should be taught be resolved in favor of the forms found below.

Sign of the Cross

In the name of the Father, and of the Son, and of 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 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.

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.

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 for all Thy benefits, Almighty God, Who live and reign forever and ever; and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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 art 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. Amen.

Act of Contrition (alternate form)

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 Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

Act of Contrition (shorter form)

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Prayer to the Guardian Angel

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, to rule and guide. 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. Let us pray. O God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit, we may be truly wise and ever rejoice in His consolation. Through Christ our Lord. Amen.

Apostles' 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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

Mysteries of the Rosary

The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation in the Temple
5. The Finding of the Child Jesus
in the Temple

The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

The Luminous Mysteries

1. The Baptism in the Jordan River
2. The Miracle at the Wedding at Cana
3. The Proclamation of the Kingdom of God,
and The Call to Conversion
4. The Transfiguration
5. The Institution of the Holy Eucharist

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of the Blessed Virgin Mary

The Angelus

V: The Angel of the Lord declared unto Mary

R: and she conceived by the Holy Spirit.

"Hail Mary . . ."

V: Behold the handmaid of the Lord.

R: Be it 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.

Act of Faith

O my God, I firmly believe that You are one God in three Divine Persons, Father, Son, and Holy Spirit. I believe that Your Divine Son became man, and died for our sins, and that He 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 almighty power and infinite mercy 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

O 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 love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

Memorare

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

Prayer for the Poor Souls in Purgatory

Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sins, and the reunion of all Christians. I offer them for the intentions of our Bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen.

The Way of the Cross

1. Jesus is condemned to death
2. Jesus bears His cross
3. Jesus falls the first time
4. Jesus meets His Mother
5. Jesus is helped by Simon
6. Veronica wipes the face of Jesus
7. Jesus falls a second time
8. Jesus speaks to the women
9. Jesus falls a third time
10. Jesus is stripped of His garments
11. Jesus is nailed to the Cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is placed in the tomb

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy; our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve! To thee do we send up our sighs, mourning and weeping in this valley of tears! Turn then, most gracious Advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed Fruit of thy womb, Jesus! O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His most Sacred Heart.
Blessed be His most Precious Blood.
Blessed be Jesus in the most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His saints.

“Sub tuum praesidium”

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

Prayer to St. Michael

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

Regina Coeli

Queen of Heaven, rejoice! alleluia:
For He whom thou merited to bear, alleluia,
Has risen, as He said, alleluia.
Pray for us to God, alleluia.

V: Rejoice and be glad, O Virgin Mary, alleluia.
R: Because the Lord is truly risen, alleluia.

Let us pray. O God, who by the resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world: grant, we beg You, that through the intercession of the Virgin Mary, His Mother, we may lay hold of the joys of eternal life. Through the same Christ our Lord. Amen.

Responses to the Bishop’s Blessing

Bishop: The Lord be with you.

People: And with your spirit.

Bishop: Blessed be the name of the Lord.

People: Now and forever.

Bishop: Our help is in the name of the Lord.

People: Who made heaven and earth.

Bishop: May almighty God bless you, + the Father, + and the Son, + and the Holy Spirit.

People: Amen.

Prayer for the Pope

V: Let us pray for our Sovereign Pontiff (N.)

R: The Lord preserve him and give him life, and make him blessed upon the earth, and deliver him not up to the will of his enemies. Amen.



Franciscus
Jorge Mario Bergoglio

ENSEÑAR A ORAR



Diócesis de Springfield-Cape Girardeau



INTRODUCCIÓN

La oración se entiende como la elevación de la mente y el corazón a Dios en la adoración, la contrición, el agradecimiento y la súplica. La oración es cuando dedicamos todo nuestro tiempo y atención sólo a Dios. Así como la comunicación es esencial para cualquier relación, la conversación con Dios es esencial para una relación con Dios. Todos deben hacer tiempo para orar. Oramos porque Jesús oró, por las razones que él oró y de la forma en que nos enseñó a orar. Enseñamos a orar a los demás porque Jesús enseñó a sus discípulos a orar.

Aquí hay algunos principios generales para tener en cuenta cuando se enseña a orar:

Formas de orar: simplemente hablando con Jesús, el Padre o el Espíritu Santo desde el corazón, adorando a Jesús en la Eucaristía, especialmente cuando se expone en el altar, mediante la lectio divina con la Escritura, el examen de conciencia,

- a. La oración se aprende orando. Es importante tomarse tiempo para la oración cuando se reúnen para la instrucción religiosa.
- b. Explica la motivación adecuada para la oración: porque Dios nos ama, porque amamos a Dios, y porque somos conscientes de la morada divina. Dios inicia la conversación y espera nuestra respuesta.
- c. Proporciona la atmósfera adecuada para la oración: silencio, quietud, postura adecuada, y ciertos lugares y momentos del día que son mejores para la oración.
- d. Anima a los estudiantes a orar sobre lo que es importante para ellos.
- e. Haz que la religión funcione durante todo el día por medio de la oración: una ofrenda para todo el día por la mañana, frases cortas que se pueden memorizar y rezar durante el día, bendiciones en las comidas, un acto de agradecimiento y contrición por la noche.

Aquí hay algunas sugerencias sobre cómo enseñar a orar:

- a. Presenta la oración de manera que despierte interés, luego explica la ocasión o el contexto de la oración.
- b. Enseña el significado de la oración, de las palabras y frases individuales, usando sinónimos o paráfrasis.
- c. Enseña una apreciación de la oración por la riqueza de su contenido, o por el uso de historias, imágenes o dramatizaciones.
- d. Enseña la oración de la forma “palabra perfecta”, es decir, pronuncia las palabras lenta y claramente. Asegúrate de que se entienda el significado antes de trabajar en la memorización. Usa tarjetas para ejercicios de memorización, e involucra a los padres en la escucha de las oraciones en casa.

ORACIONES POR NIVEL DE GRADO

La siguiente lista de oraciones fue compilada en respuesta a una solicitud de orientación sobre la forma en la que las oraciones debían enseñarse, y el nivel por edad en el que se podía esperar que los estudiantes las memorizaran. No hay razón para que un maestro no enseñe estas oraciones antes de lo planificado. Esta lista y planificación en el tiempo tienen como objetivo servir de guía.

JARDÍN DE INFANTES/PRIMER GRADO

Para cuando un estudiante promedio termina el primer grado, debe ser capaz de repetir de memoria las siguientes oraciones:

La señal de la cruz	Padrenuestro
Avemaría	Gloria al Padre
Bendición antes de las comidas	Acción de gracias después de las comidas

SEGUNDO GRADO

Cuando un estudiante promedio termina el segundo grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Acto de contrición
Oración al Ángel de Dios
Todas las respuestas de la misa

En la elevación de la hostia durante la misa, se debe enseñar a los niños a decir en silencio e interiormente: “Señor mío y Dios mío”.

En la elevación del cáliz durante la misa, se debe enseñar a los niños a decir en silencio e internamente: “Jesús mío, ten misericordia de mí”.

*Los niños de segundo grado deben estar familiarizados con los Diez Mandamientos, pero no necesariamente memorizarlos.

*Los padres y catequistas de todos los niños que se preparan para la Primera Comunión deben ver los videos creados por el Obispo Rice en YouTube:

[The Mass and Holy Eucharist \[La misa y la Sagrada Eucaristía\], Parte 1](#)
[The Mass and Holy Eucharist \[La misa y la Sagrada Eucaristía\], Parte 2](#)

TERCER GRADO

Cuando un estudiante promedio termina el tercer grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Símbolo de los Apóstoles	Respuestas a la bendición del obispo
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CUARTO GRADO

Cuando un estudiante promedio termina el cuarto grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Salve Regina

Ángelus

Los Diez Mandamientos

Oraciones opcionales: Acto de fe

Acto de esperanza

Acto de caridad

QUINTO GRADO

Cuando un estudiante promedio termina el quinto grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Memorare

Ofrenda de la mañana

*Los niños de quinto grado también deben ser capaces de enumerar y explicar brevemente los Siete Sacramentos.

SEXTO GRADO

Cuando un estudiante promedio termina el sexto grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Vía Crucis

Oración al Espíritu Santo

SÉPTIMO GRADO

Cuando un estudiante promedio termina el séptimo grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Las alabanzas divinas

"Sub tuum praesidium"

*Los alumnos de séptimo y/u octavo grado que se preparan para la Confirmación, deberían poder enumerar los Siete Dones del Espíritu Santo.

*Todos los adolescentes que se preparan para la Confirmación deben ver los videos creados por el obispo Rice en YouTube:

[Confirmation, Gifts of the Holy Spirit \[Confirmación, Dones del Espíritu Santo\] – Parte 1](#)

[Confirmation, Gifts of the Holy Spirit \[Confirmación, Dones del Espíritu Santo\] – Parte 2](#)

OCTAVO GRADO

Para cuando un estudiante promedio termina el octavo grado, debe ser capaz de repetir de memoria las siguientes oraciones, además de las que figuran en el grado anterior:

Oración a San Miguel Arcángel
Oración por el Papa

Regina Coeli

FORMA DE LAS ORACIONES

Cuando se enseñen oraciones y se ayude a los alumnos a memorizarlas, se recomienda que cualquier confusión sobre qué formas de oración deben enseñarse se resuelva a favor de las formas que se encuentran a continuación.

La señal de la cruz

En el nombre del Padre y del Hijo y del Espíritu Santo. Amén.

Padrenuestro

Padre nuestro, que estás en el cielo, santificado sea tu Nombre; venga a nosotros tu Reino; hágase tu voluntad en la tierra como en el cielo. Danos hoy nuestro pan de cada día; perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden; no nos dejes caer en la tentación, y líbranos del mal. Amén.

Avemaría

Dios te salve, María, llena eres de gracia; el Señor es contigo. Bendita Tú eres entre todas las mujeres, y bendito es el fruto de tu vientre, Jesús. Santa María, Madre de Dios, ruega por nosotros, pecadores, ahora y en la hora de nuestra muerte. Amén.

Gloria al Padre

Gloria al Padre y al Hijo y al Espíritu Santo. Como era en el principio, ahora y siempre, por los siglos de los siglos. Amén.

Bendición antes de las comidas

Bendícenos, Señor, y bendice estos alimentos que nos vamos a servir, y que Tú nos das por Tu infinita bondad. Te lo pedimos por Cristo Nuestro Señor. Amén.

Acción de gracias después de las comidas

Te damos gracias, Señor, por todos tus beneficios. Tú que vives y reinas por los siglos de los siglos; y que las almas de los fieles difuntos, por la misericordia de Dios, descansen en paz. Amén.