

## Seventh Grade Prayer List:



**CRUCIFIX**



**CROSS**

### **The Sign of the Cross**

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

### **The 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.

### **The 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.

### **The 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.

### **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 avoid whatever leads me to sin.

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

### **The 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.

Know how to Pray the Rosary

## **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 are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. 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 love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

## **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,  
*(All bow during these two lines.)*  
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.

## What is a **sacrament**?

A sacrament is a sign of God's love for us. When we celebrate the sacraments, Jesus is really present with us. We share in the life of the Holy Trinity.

*Traditional definition: "A sacrament is an outward sign instituted by Christ to give grace."*

*Catechism of the Catholic Church's definition: "the signs and instruments by which the Holy Spirit spreads the grace of the Christ the head throughout the Church which is His Body."  
(CCC #774)*

## What is **grace**?

Grace is the free and undeserved help that God gives us to respond to His call to become children of God. (CCC #1996)

## **The Seven Sacraments**

**Baptism** – We become members of the Church  
Symbol – water, oil, candle

**Confirmation** – We are strengthened to live as children of God  
Symbol – oil, Laying on of hands

**Eucharist** – We receive the Body and Blood of Jesus  
Symbol – bread and wine

**Reconciliation** – We receive God's gift of forgiveness and peace.  
Symbol – Laying on hands, absolution

**Anointing of the Sick** – We receive God's healing strength when we are sick or dying  
Symbol – oil, Laying on of hands

**Holy Orders** – A baptized man is ordained to serve the Church as a bishop, priest or deacon  
Symbol – oil, anointing

**Matrimony** – A baptized man and a baptized woman make a lifelong promise to love and respect each other as husband and wife. They promise to accept the gift of children from God.  
Symbol – love of man and woman a sign of the love of Christ for the Church

## **The Cardinal Virtues**

Prudence  
Justice  
Courage  
Temperance

## **The Theological Virtues**

Faith, Hope, Love

### **The Corporal Works of Mercy** (Actions that help our neighbors in their bodily needs.)

Feed the hungry, give drink to the thirsty, shelter the homeless, clothe the naked, visit the sick, visit the prisoner, bury the dead, and give alms to the poor.

### **The Spiritual Works of Mercy** (Actions that help our neighbors in their spiritual needs.)

Counsel the doubtful, instruct the ignorant, admonish the sinner, comfort the sorrowful, forgive injuries, bear wrongs patiently, and pray for the living and the dead.

## **The Ten Commandments**

- I. I am the Lord your God; you shall not have strange gods before Me.
- II. You shall not take the name of the Lord your God in vain.
- III. Remember to keep holy the Lord's Day.
- IV. Honor your father and your mother.
- V. You shall not kill.
- VI. You shall not commit adultery.
- VII. You shall not steal.
- VIII. You shall not bear false witness against your neighbor.
- IX. You shall not covet your neighbor's wife.
- X. You shall not covet your neighbor's goods.

### **The Two Great Commandments given by Christ** – Matthew 22:37-39

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.”