

Faith Formation

Memory Prayers

Oct class - Sign of the Cross and Genuflection

Nov class - Grace Before Meals

Dec class - 10 Commandments

Jan class - Act of Contrition

Feb class - Hail Mary

Mar class - Our Father

Apr class - Glory Be

May class - 7 Sacraments

Sign of the Cross

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

[Using your right hand, you should touch your forehead at the mention of the "Father"; the lower middle of your chest at the mention of the "Son"; and the left shoulder on the word "Holy" and the right shoulder on the word "Spirit."]

Genuflection

[Touch your right knee to the floor while facing the altar or tabernacle. Make the Sign of the Cross to show reverence for the Blessed Sacrament.]

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.

<p style="text-align: center;">10 Commandments</p> <ol style="list-style-type: none"> 1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve. 2. You shall not take the name of the Lord your 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 against your neighbor. 9. You shall not covet your neighbor's wife. 10. You shall not covet your neighbor's goods. 	<p style="text-align: center;">Act of Contrition</p> <p>O my God, I am heartily sorry for having offended You.</p> <p>I detest all my sins, because I dread the loss of heaven and the pains of hell,</p> <p>but most of all because they offend You, O my God, Who art all-good and deserving of all my love.</p> <p>I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life.</p> <p>Amen.</p>
<p style="text-align: center;">Hail Mary</p> <p>Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.</p>	<p style="text-align: center;">Our Father</p> <p>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.</p>
<p style="text-align: center;">Glory Be</p> <p>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.</p>	<p style="text-align: center;">7 Sacraments</p> <p>Baptism Confirmation Holy Eucharist Anointing of the Sick Reconciliation Marriage Holy Orders</p>