

GRADE 7 PRAYERS

Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins because of your punishments but most of all because they offend you, my God, who are all good and worthy of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

Rite of Penance

Priest: Welcomes the penitent.

Penitent: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen** (make the sign of the Cross).

Priest: Invites the penitent to have trust in God. The priest or penitent may read a text of Holy Scripture.

Penitent: **Bless me Father; it has been _____ (how long) since my last confession. These are my sins:**
Tell the priest your sins with honesty and sorrow, and also tell the priest a little about yourself.
The priest will listen to you and guide you.

Penitent: **I am sorry for these and all my sins.**

The priest will give you a penance to help make up for your sins and to change your heart.

Penitent: Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins because of your punishments but most of all because they offend you, my God, who are all good and worthy of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

After the Act of Contrition, the priest will give you Absolution.

Penitent: At the end of the Absolution say **Amen** (make the sign of the cross).

Priest: Give thanks to the Lord, for he is good.

Penitent: **His mercy endures forever.**

Priest: Dismisses the penitent in peace.

Mysteries of the Rosary

Joyful: the Annunciation, the Visitation, the Birth of Our Lord, the Presentation in the Temple, and the finding of Our Lord in the Temple.

Sorrowful: the Agony in the Garden, the Scourging at the Pillar, the Crowning with Thorns, the Carrying of the Cross, and the Crucifixion and Death of Our Lord.

Glorious: the Resurrection of Our Lord, the Ascension of Our Lord into Heaven, the Descent of the Holy Spirit upon the Apostles, the Assumption Of Our Blessed Mother into Heaven, and the Coronation of Our Blessed Mother in Heaven

Luminous: the Baptism of Our Lord in the Jordon River, the Wedding at Cana, the Proclamation of the Kingdom, the Transfiguration of Our Lord, and the Institution of the Eucharist.

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 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.

Fatima Prayer

O my Jesus, Forgive us our sins. Save us from the fires of Hell. Lead all souls into Heaven, especially those in most need of Thy mercy. Amen.

Prayer after the Rosary

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

The Memorare

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

The Angelus

Leader: The Angel of the Lord declared unto Mary:

All: And she conceived of the Holy Spirit.

Hail Mary....

Leader: Behold the handmaid of the Lord:

All: Be it done unto me according to Thy word.

Hail Mary . . .

Leader: And the Word was made Flesh:

All: And dwelt among us.

Hail Mary . . .

Leader: Pray for us, O Holy Mother of God,

All: That we may be made worthy of the promises of Christ.

Leader: Let us pray:

All: 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.

Nicene Creed

I believe in one God, the Father, the 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 he was incarnate of the Virgin Mary, and became man*. For our sake he was crucified under Pontius Pilate; he suffered death and was buried, 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. I look forward to the resurrection of the dead, and the life of the world to come. Amen.

Testing Dates 2025-26

Sept. 29th: *Act of Contrition, Rite of Penance and Mysteries of the Rosary*

Nov. 24th: *Hail Holy Queen, Fatima Prayer, and the Prayer after the Rosary*

Feb. 2nd: *Nicene Creed, Memorare and the Angelus*