

GRADE 4 PRAYERS

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.

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just 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 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 just 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.

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 shall 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

Joyful: The Annunciation, The Visitation, The Birth of Our Lord, The Presentation of Our Lord in the Temple, 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, 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 the Blessed Mother into Heaven, The Coronation of Our Blessed Mother in heaven.

Luminous: The Baptism of Our Lord in the Jordan River, The Wedding at Cana, The Proclamation of the Kingdom, The Transfiguration of Our Lord, 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 you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

Assessment Dates 2025-26

Sept. 29th: Act of Contrition, Rite of Penance, Grace before Meals

Oct. 27th: Apostles Creed, Glorious Mysteries of the Rosary

Nov. 24th: Luminous Mysteries of the Rosary

Feb. 2nd: Hail Holy Queen, Fatima Prayer

April 6th: Prayer after the Rosary, Memorare