

St. Mary Parish, Oskaloosa
Mailing Address:
301 High Ave. East, Oskaloosa, IA 52577
Church Address:
315 1st Ave. East, Oskaloosa, IA 52577
Phone: (641)673-6680
Email: stmosky@mahaska.org
www.stmarysosky.com



St. Mary's Catholic Church
Oskaloosa, Iowa
Student Prayer Book



This book belongs to:

Prayers to be Learned at each Grade Level

Date Memorized

Kindergarten

_____	The Sign of the Cross	3
_____	The Lord's Prayer	5
_____	Hail Mary	5
_____	Grace Before Meals	5

First Grade

_____	Glory Be to the Father	7
-------	------------------------	---

Second Grade

_____	The Ten Commandments	9
_____	An Act of Contrition	10

Third Grade

_____	Grace After Meals	5
_____	Apostles' Creed	12
_____	Mysteries of the Rosary	14

Fourth Grade

_____	Prayer of the Holy Spirit	
_____	Act of Faith	19
_____	Act of Hope	19
_____	Act of Love	19

Fifth Grade

_____	Hail Holy Queen	16
-------	-----------------	----

Sixth Grade

_____	Memorare	17
_____	Stations of the Cross	20

Seventh Grade

_____	Nicene Creed	13
_____	Prayer to the Holy Spirit	10

The Stations of the Cross

The First Station:

Jesus is Condemned to Death

The Second Station:

Jesus Carries His Cross

The Third Station:

Jesus Falls the First Time

The Fourth Station:

Jesus Meets His Mother

The Fifth Station:

Simon Helps Jesus Carry His Cross

The Sixth Station:

Veronica Wipes Jesus' Face

The Seventh Station:

Jesus Falls the Second Time

The Eighth Station:

Jesus Meets the Women of Jerusalem

The Ninth Station:

Jesus Falls the Third Time

The Tenth Station:

Jesus is Stripped

The Eleventh Station:

Jesus is Nailed to the Cross

The Twelfth Station:

Jesus Dies on the Cross

The Thirteenth Station:

Jesus is Taken Down from the Cross

The Fourteenth Station:

Jesus is Laid in the Tomb



The Sign of the Cross



In the name of the
Father,

and of the Son,



and the Holy

Spirit.

Amen.

While our words in the prayer of the sign of the cross are an invocation of the Trinity, the shape of the cross we make during this prayer are a reminder of the cross of Christ. Jesus' death on the cross was the action by which he destroyed death, so the sign of the cross is a constant reminder of our salvation.

Amen! CCC 1064

To believe is to say "Amen" to God's words, promises and commandments; to entrust oneself completely to him who is the "Amen" of infinite love and perfect faithfulness.

Say it loud, say it proud, "Amen! I Believe!"

How to Pray!

What can I pray about?

Anything! God wants you to talk to Him about everything in your life. Nothing is too big or too small to talk to God about.

When and where should I pray?

Anytime and Anywhere! It doesn't matter where you are; you can always talk to God. He is always with you.

How long should my prayer last?

You can pray for one second or for hours! God is always listening! He loves for you to talk to Him.

Can I pray with my friends?

Absolutely! Praying with your friends will make your faith and your friendships stronger.

Should I always fold my hands?

Folding your hands and closing your eyes may help you to concentrate on your prayer, but you don't have to. You can talk to God while riding your bike or just sitting quietly.

Should I pray out loud?

God hears you whether you pray out loud or silently. Sometimes praying out loud helps you to stay focused on your prayer. Praying silently can be done wherever you are. God hears your prayers no matter how you say them!



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,
O Lord, and they shall be created.
And you shall renew the face of the earth. Amen.

Holy Spirit Prayer St. Augustine

Breathe in me, O Holy Spirit,
That my thoughts may all be holy.
Act in me, O Holy Spirit,
That my work, too, may be holy.
Draw my heart, O Holy Spirit,
That I love but what is holy.
Strengthen me, O Holy Spirit,
To defend all that is holy.
Guard me, then, O Holy Spirit,
That I always may be holy. Amen.

Chaplet of Divine Mercy

The Chaplet of Divine Mercy can be prayed with a Rosary.

Begin with the Our Father, Hail Mary, and the Apostle's Creed.

Then, on the large (Our Father) bead before each decade:

Eternal Father,
I offer you the Body and Blood,
Soul and Divinity,
of Your Dearly Beloved Son,
Our Lord, Jesus Christ,
in atonement for our sins
and those of the whole world.

*On the ten small (Hail Mary)
beads of each decade, say:*

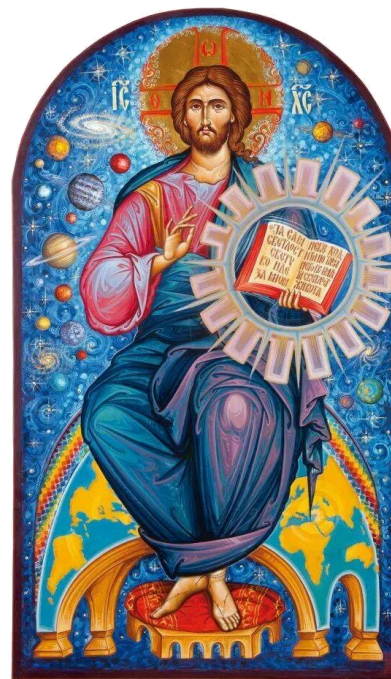
For the sake of His sorrowful Passion,
have mercy on us and on the whole world.

Conclude with (Say 3 Times):

Holy God,
Holy Mighty One,
Holy Immortal One,
have mercy on us
and on the whole world.

Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



The Lord's Prayer

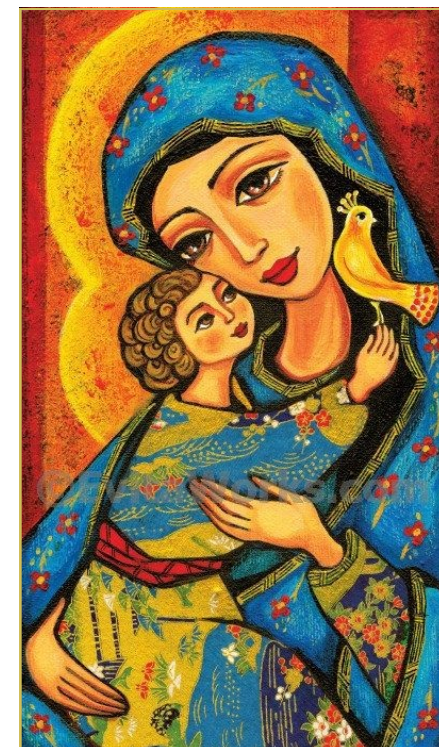
Our Father, who art in
heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done, on earth
as it is in Heaven.
Give us this day our daily
bread.
And forgive us our trespasses,
as we forgive those who
trespass against us.
And lead us not into
temptation,
but deliver us from evil.
Amen.

Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed are you
among women and
blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour
of our death. Amen.

**Did you know the Our
Father and part of the Hail
Mary is the Bible?**

Matt 6:9-13 / Luke 1:28, 41-42





Grace Before Meals

Bless us, O Lord, and
these our gifts,
Which we are about to
receive from Thy bounty,
Through Christ, Our
Lord. Amen.

Prayer Before Snack

We fold our hands,
We bow our heads,
We thank you God,
for our daily bread.
Amen.

Grace After Meals

We give you thanks,
Almighty God,
For these and all the
gifts which we have
received from your
goodness,
through Christ,
Our Lord. Amen.

**Did you know Jesus also
prayed before ate?**

Matt 14:19-21

Matt 15: 36

Matt 26: 26-27

Mark 14: 22-24

**Let us pray for the poor, hungry, and neglected all
over the world, that their cries for daily bread may
inspire works of compassion and mercy among
those to whom much has been give.**



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 Lord God,
I hope by your grace
for the pardon of all my
sins and after life here to
gain eternal happiness
because you have
promised it who are
infinitely powerful,
faithful, kind, and
merciful. In this hope I
intend to live and die.
Amen.

Act of Love

O Lord God,
I love you above all
things and I love my
neighbor for your sake
because you are the
highest, infinite and
perfect good, worthy of
all my love. In this love I
intend to live and die.
Amen.

Prayer of St. Francis (A Prayer for Peace)

Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

Grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal life. Amen.



Saints CCC 1064

Communion with the dead. "In full consciousness of this communion of the whole Mystical Body of Jesus Christ, the Church in its pilgrim members, from the very earliest days of the Christian religion, has honored with great respect the memory of the dead; and 'because it is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins' she offers her suffrages for them." Our prayer for them is capable not only of helping them, but also of making their intercession for us effective.

In the one family of God. "For if we continue to love one another and to join in praising the Most Holy Trinity - all of us who are sons of God and form one family in Christ - we will be faithful to the deepest vocation of the Church."

All Holy Men and Women of God, Pray for US!

Glory Be to the Father

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.



Prayer as God's gift CCC 2559-2560

"Prayer is the raising of one's mind and heart to God or the requesting of good things from God." But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart? He who humbles himself will be exalted; *humility* is the foundation of prayer. Only when we humbly acknowledge that "we do not know how to pray as we ought," are we ready to receive freely the gift of prayer. "Man is beggar before God.

"If you knew the gift of God!" The wonder of prayer is revealed beside the well where we come seeking water: there Christ comes to meet every human being. It is he who first seeks us and ask us for a drink. Jesus thirsts; his asking arises from the depths of God's desire for us. Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him.

*God is waiting for you! He thirst for you!
Meet Him in prayer!*

A Morning Offering (Option A)

My God, I offer you today all that
I think and do and say, uniting it with
what was done on earth by Jesus Christ,
Your Son. Amen.



A Morning Offering (Option B)

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 sin,
the reunion of all Christians.
I offer them for the intentions of our Bishops and,
in particular,
for those recommended by our Holy Father this month.
Amen.

A Bedtime Prayer

Thank you, God, for a lovely day,
for sun and rain, for work and play.
For all my family and friends,
And for you love, which never ends. Amen.



A Bedtime Prayer

Now I lay me down to sleep.
I pray the Lord my soul to keep.
If I should die before I wake,
I pray the Lord my soul to take.
If I should live for others,
I pray the Lord to guide my ways. Amen.

Angelus

V. The Angel of the Lord declared unto Mary.
R. And she conceived of 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.

Mary CCC 971

"All generations will call me blessed": "The Church's
devotion to the Blessed Virgin is intrinsic to Christian
worship." The Church rightly honors "the Blessed Virgin
with special devotion. From the most ancient times the
Blessed Virgin has been honored with the title of 'Mother
of God,' to whose protection the faithful fly in all their
dangers and needs. . . . This very special devotion . . .
differs essentially from the adoration which is given to
the incarnate Word and equally to the Father and the
Holy Spirit, and greatly fosters this adoration." The
liturgical feasts dedicated to the Mother of God and
Marian prayer, such as the rosary, an "epitome of the
whole Gospel," express this devotion to the Virgin Mary.



Hail, Holy Queen

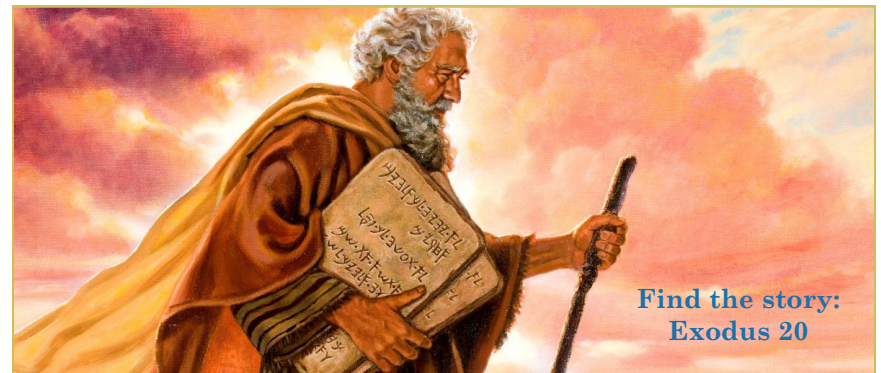
Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you do we cry, poor banished children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of tears
Turn then, most gracious advocate,
your eyes of mercy toward us, and after this exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary. 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 thy intercession, was left unaided.
Inspired by 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

The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's 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.



Find the story:
Exodus 20

As believers in Jesus Christ, we are called to a new life and are asked to make moral choices that keep us united with God. With the help and grace of the Holy Spirit, we can choose ways to act to keep us close to God, to help other people, and to be witnesses to Jesus.

The Ten Commandments guide us in making choices that help us to live as God wants us to live. The first three commandments tell us how to love God; the other seven tell us how to love our neighbor.

An Act of Contrition (Option A)

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.

An Act of Contrition (Option B)

O my God,
I am heartily sorry for having offended You.
I detest all my sin because I dread the loss of heaven and
the pains of hell.
But most of all because they offend You, my God,
who are all good and deserving of all my love.
I firmly resolve, with the help of Your grace,
to sin no more and to avoid the near occasion of sin.
Amen.

Ask Jesus to make you a saint.
After all, only He can do that.
Go to Confession regularly
and to Communion
as often as you can.
-St. Dominic Savio (age 14)



The Glorious Mysteries (Sundays & Wednesdays)

1. **The Resurrection**
(Mt 28:1-15, Mk 16:1-13, Lk 24:1-12, Jn 20:1-18)
2. **The Ascension**
(Mk 16:19-20, Lk 24:50-53, Acts 1:9-11)
3. **The Descent of the Holy Spirit** (Acts 2:1-41)
4. **The Assumption**
5. **The Crown of Mary,**
as Queen of Heaven and Earth



The Mysteries of the Rosary with Biblical references

The Joyful Mysteries (Mondays & Saturdays)

1. **The Annunciation** (Luke 1:35)
2. **The Visitation** (Luke 1:39-56)
3. **The Nativity** (Luke 2:1-20, Matt 2:11-19)
4. **The Presentation** (Luke 2:22-39)
5. **The Finding in the Temple** (Luke 2:41-50)

The Luminous Mysteries (Thursdays)

1. **The Baptism of Christ**
(Mt 3:13-17, Mk 1:9-11, Lk 3:21-22, Jn 1:32-34)
2. **The Miracle at Cana** (John 2:1-12)
3. **Proclamation of the Kingdom**
(Mt 4:12-25: 46, Mk 1:14-13: 37, Lk 4:14-21: 38, Jn 3:13-14: 50)
4. **The Transfiguration**
(Mt 17:1-8, Mk 9:1-12, Lk 9:28-36)
5. **The Last Supper**
(Mt 26:26-29, Mk 14:32-42, Lk 22:39-46)

The Sorrowful Mysteries (Tuesday & Fridays)

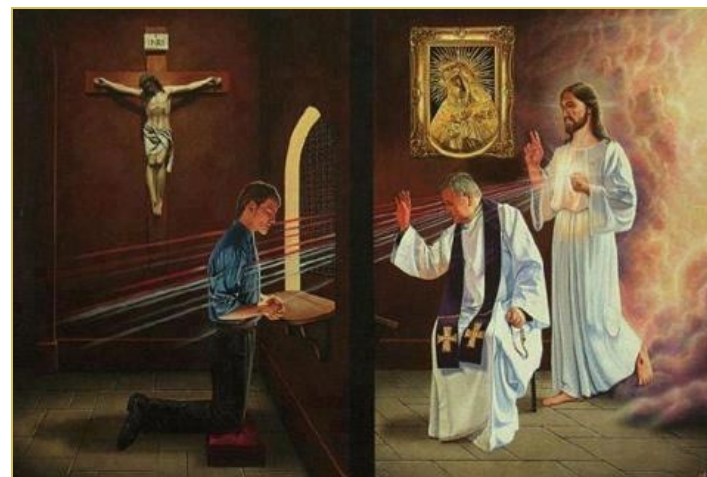
1. **The Agony in the Garden**
(Mt 26:36-46, Mk 14:32-42, Lk 22:39-46)
2. **The Scourging at the Pillar**
(Mt 27:26, Mk 15:15, Lk 23:14-16, Jn 19:1)
3. **The Crowning of Thorns**
(Mt 27:27-30, Mk 15:16-19, Jn 19:2-3)
4. **The Way of the Cross**
(Mt 27:31-33, Mk 15:20-22, Lk 23:26-32, Jn 19:16-17)
5. **The Crucifixion**
(Mt 27:34-56, Mk 15:23-41, Lk 23:33-49, Jn 19:18-30)

Steps to a Good Confession

1. Examine your conscience.
2. Be repentant of your sins.
3. Confess your sins to the priest in number and kind, being sure to confess all mortal sins.
4. Make an act of contrition, receive absolution from the priest, and resolve to sin no more.
5. Do the penance the priest give you.

How to Go to Confession

- Begin with the Sign of the Cross
- Then say, "Forgive me, Father, for I have sinned. It has been ____ days/weeks/months/years since my last confession."
- Tell the priest your sins and how many times you committed each (to the best of your memory), beginning with any mortal sins and any sins you are particularly struggling with.
- The priest will give you some advice and assign you a penance.
- You then make the Act of Contrition.
- The priest will give you absolution and then dismiss you.



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.



I Believe CCC 185, 187

Whoever says "I believe" says "I pledge myself to what we believe." Communion in faith needs a common language of faith, normative for all and uniting all in the same confession of faith.

Such syntheses are called "professions of faith" since they summarize the faith that Christians profess. They are called "creeds" on account of what is usually their first word in Latin: *credo* ("I believe"). They are also called "symbols of faith".

Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
And 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
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.
And 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.
And 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

