

*Part One*

# To Learn by Heart: Basic Prayers and Teachings

Diocese of Lansing Religion Curriculum  
for Grades K-8



Revised (2011) according to  
*the Roman Missal, Third Edition*

*Catechism of the Catholic Church* (hereafter, CCC) 768, 1235, 2157, 2166, 1671, 1668

## **1. Sign of the Cross**

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

CCC 194,196

## **2. 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.

CCC 2759

### **3. 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.

CCC 2676-2677

### **4. 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.

CCC 1451-1453

### **5. 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 to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy. Amen.

CCC 1716-1729

## **6. The Beatitudes**

(Matthew 5:3-10)

Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

Blessed are they who mourn,  
for they will be comforted.

Blessed are the meek,  
for they will inherit the land,

Blessed are they who hunger and thirst for righteousness,  
for they will be satisfied.

Blessed are the merciful,  
for they will be shown mercy.

Blessed are the clean of heart,  
for they will see God.

Blessed are peacemakers,  
for they will be called children of God.

Blessed are those who are persecuted for the sake of righteousness,  
for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter  
all kinds of evil against you falsely on my account.  
Rejoice and be glad, for your reward will be great in heaven.

CCC 1210-1666

## **7. The Seven Sacraments**

*The Sacraments of Christian Initiation: Baptism, Confirmation, Eucharist*  
*Sacraments of Healing: Reconciliation, Anointing of the Sick*  
*Sacraments at the Service of Communion: Marriage, Holy Orders*

CCC 2052-2557

## **8. The Ten Commandments**

1. I am the Lord your God: you shall not have other gods besides 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.

CCC 2041-2043, 1621-1666

## **9. The Precepts of the Church**

1. You shall attend Mass on Sundays and on Holy Days of Obligation and remain free from work or activity that would impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fast and abstinence established by the Church.
5. You shall provide for the needs of the Church.
6. You shall observe the laws of the Church concerning marriage.

CCC 1671, 2698, 2834

## **10. Prayer before Meals**

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

CCC 253, 1199

## 11. **Doxology (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 will be forever.  
Amen.



Prepared by the Office of Catechesis, Diocese of Lansing  
Michael E. Andrews, Director  
[mandrews@dioceseoflansing.org](mailto:mandrews@dioceseoflansing.org)