

St. Wenceslaus Catholic Church
Faith Formation
Prayer Sequence and
Knowledge of Faith
Reference Guide

The Sign of the Cross

In the name of the Father (right hand touches forehead) and of the Son (right hand touches chest) and of the Holy (right hand touches left shoulder) Spirit (right hand touches right shoulder). Amen

The Our Father

When the apostles asked Jesus how they should pray, he gave them the words of the Our Father. Read about it in Matthew 6: 9-13.

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.

The Hail Mary

The Hail Mary uses the same words the angel Gabriel said when he told Mary she would be Jesus' Mother. This prayer also includes the words Mary's cousin, Elizabeth, said when Mary visited Elizabeth. Read about it in Luke 1: 28, 42.

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.

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 ever shall be world without end. Amen.

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.

Angel of God

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen

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.

Prayer to Jesus in the Eucharist

Lord Jesus Christ, I believe that you are truly present in the Eucharist. As I receive you in Holy Communion, help me to love as you loved, and serve as you served, so I can be the Body of Christ to others. Amen

Liturgical Year*

Advent is four weeks of preparation for the Feast of Christmas.

Christmas Season begins with the Feast of Christmas.

Ordinary Time appears twice on the liturgical calendar-between Christmas and Lent and between Easter and Advent.

Lent begins on Ash Wednesday and lasts forty days and is the time we prepare for Easter.

Holy Week begins on Passion (Palm) Sunday.

Triduum begins on Holy Thursday evening and ends on Easter Sunday evening.

Easter begins on Easter Sunday evening and continues until Pentecost.

The Sacraments

Sacraments of Initiation

- Baptism
- Confirmation
- Eucharist

Sacrament of Healing

- Reconciliation
- Anointing of the Sick

Sacrament of Service

- Holy Orders
- Matrimony

The Apostles' Creed

The Apostles' Creed lists the things that Catholics believe.

I believe in God the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord who was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day, he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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

Rosary* - more info to follow...

About the Bible*

The Bible is the Word of God.

The Bible is a collection of 73 books, which are divided into two parts.

The first part is called the Hebrew Scripture (Old Testament) and includes 46 books.

The Hebrew Scripture (Old Testament) tells the story of God's Love for his people until the coming of Christ.

The second part is called the New Testament and includes 23 books.
The New Testament includes the four Gospels which tell the story of Jesus and his disciples.

The Bible is very important for Catholic worship. At Mass we hear readings from Hebrew Scripture and New Testament.

Catholics are encouraged to read the Bible daily.

Each book in the Bible is divided into chapters. The chapters are divided into verses. An example of how you look up passages from the Bible: John 3:16
book=John, chapter=3, verse=16.

Beatitudes*

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 earth.

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 the peacemakers, for they will be called children of God.

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

The Ten Commandments

I am the Lord, your God. You shall not have other gods besides me.

You shall not take the name of the Lord, your God in vain.

Keep holy the Sabbath day.

Honor your father and mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's possessions.

The Great Commandment

"Love God with all your heart, with all your mind, and with all your strength, and love your neighbor as yourself." Mark 12:30-31

Parts of the Mass*

- Introductory Rites
- Entrance Procession and Opening Hymn
- Greeting
- Penitential Rite
- Gloria
- Liturgy of the Word

- First Reading-Hebrew Scripture (Old Testament)
- Responsorial Psalm
- Second Reading-New Testament
- Gospel Acclamation
- Gospel
- Homily
- Profession of Faith
- General Intercessions
- Liturgy of the Eucharist
- Preparation of the Altar and Gifts
- Eucharistic Prayer
- Communion Rite
- The Lord's Prayer
- Sign of Peace
- Breaking of the Bread
- Holy Communion
- Concluding Rite
- Blessing
- Dismissal

Stations of the Cross*

Jesus is condemned to death.

Jesus accepts the cross.

Jesus falls the first time.

Jesus meets his mother.

Simon helps Jesus carry the cross.

Veronica wipes the face of Jesus.

Jesus falls the second time.

Jesus meets the women of
Jerusalem.

Jesus falls the third time.

Jesus is stripped of his garments.

Jesus is nailed to the cross.

Jesus dies on the cross.

Jesus is taken down from the
cross.

Jesus is buried in the tomb.

Jesus Christ is risen.

Act of Faith

O my God, I firmly believe that you are one God in three divine persons, the Father, the Son, and the Holy Spirit. I believe in Jesus Christ, your Son, who became man and died for our sins, and who will come again to judge the living and the dead. I believe these and all the truths that the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived. Lord, increase my faith. Amen.

Act of Hope

O my God, trusting in your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Lord, may I live with you forever and ever. Amen.

Act of Love

O my God. I love you above all things, with my whole heart and soul, because you are all-good and worthy of all my love. I love my neighbor as myself for love of you. I

forgive all who have injured me, and I ask pardon of all whom I have injured. Lord, may I love you more and more. Amen

Corporal Works of Mercy

Feed the hungry.

Give drink to the thirsty.

Clothe the naked.

Visit those in prison.

Shelter the homeless.

Visit the sick.

Bury the dead.

Spiritual Works of Mercy

Help others do what is right.

Teach the ignorant.

Give advice to the doubtful.

Comfort those who suffer.

Be patient with others.

Forgive injuries.

Pray for the living and the dead.

Gifts of the Holy Spirit

Wisdom helps us recognize the importance of others and the importance of keeping God central in our lives.

Understanding is the ability to comprehend the meaning of God's message.

Knowledge is the ability to think about and explore God's revelation, and also to recognize there are mysteries of faith beyond us.

Counsel is the ability to see the best way to follow God's plan when we have choices that relate to him.

Fortitude is the courage to do what one knows is right.

Piety helps us pray to God in true devotion.

Fear of the Lord is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

7 Themes of Catholic Social Teaching

Life and Dignity of the Human Person

Call to Family, Community, and Participation

Rights and Responsibilities

Option for the Poor and Vulnerable

The Dignity of Work and the Rights of Workers

Solidarity

Care for God's Creation