



**Saint Patrick's Church  
Whole Parish Catechesis  
Grade Level Prayer List**

**Grade Three**

1. The Sign of the Cross

We make the sign of the cross by touching with the right hand:

- a. the forehead, saying, "In the Name of the Father;"
- b. then the breast, adding "and of the Son:"
- c. and then from the left shoulder to the right, while saying "and of the Holy Spirit. Amen."

The sign of the cross shows that we are Christians because it expresses our belief in the chief mysteries of our Catholic faith: the mystery of the Blessed Trinity and the mystery of the Incarnation and Redemption. The words we say show that God is one in Three Divine Persons. The sign of the cross we make reminds us that Jesus Christ, the Son of God, died for us on the Cross.

2. Genuflecting

In making a genuflection with one knee, three things are to be observed:

- a. bend the right knee to the floor alongside the ankle of the left foot;
- b. hold the head and the upper part of the body erect, not inclined;
- c. rise again without delay.

3. 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.

4. 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.

5. 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.

6. 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.

7. Act of Contrition

O My God, I am heartily sorry for having offended Thee,  
And I detest all my sins, because of Thy just punishments,  
But most of all because they offend thee my God,  
who art all good and deserving of all my love.  
I firmly resolve, with the help of Thy Grace,  
To sin no more and to avoid the near occasions of sin.

8. To My Guardian Angel

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

9. 3 Signs of the Cross before the Gospel

At Mass as the priest introduces the Gospel reading we:

- a. mark a small cross on your forehead with your thumb while praying silently that:  
God clean your mind so that you may understand His Word,
- b. mark a small cross on your lips with your thumb while praying silently that: God  
clean your lips so that you may proclaim His Word.
- c. Mark a small cross on your heart with your thumb while praying silently that:  
God clean your heart so that you may take His Word into your heart and live His  
Word.

Just before the reading of the Gospel the priest will again greet us with "The Lord be with you." Because of the unique presence of Christ in the proclamation of the Gospel, it has long been the custom to stand in attentive reverence to hear these words. We believe that Christ "is present in his word, since it is he himself who speaks when the Holy Scriptures are read in the church" (Constitution on the Sacred Liturgy, #7).