

Common Prayers and Formulas

Birth - Age 2

Sign of the Cross

Age 3 and 4

In addition to the item above
Grace Before and After Meals

Kindergarten

In addition to the items above
Morning and Evening Prayers
and the Guardian Angel Prayer

Grade One

In addition to the items above
Our Father, Hail Mary, Glory Be

Grade Two

In addition to the items above
Act of Contrition, and the Assembly's responses
and acclamations during Mass (Greeting,
Penitential Act, Gloria, Response to the Biblical
Readings, Prayer with the Priest over the
Offerings, Preface Dialogue, Preface
Acclamation, Mystery of Faith, Litany at the
Fraction Rite, Act of Humility and Sending)

Grade Three

In addition to the items above
Nicene Creed, Fatima Prayer,
Hail, Holy Queen

Grade Four

In addition to the items above
Ten Commandments, Apostles' Creed,
Corporal and Spiritual Works of Mercy,
Beatitudes, Joyful Mysteries of the Rosary

Grade Five

In addition to the items above
Sorrowful Mysteries of the Rosary, Act of Faith,
Seven Sacraments, Holy Days of Obligation,
Deuteronomy 6:4-5 (Shema)

Grade Six

In addition to the items above
Glorious Mysteries of the Rosary,
Act of Hope, Precepts of the Church, *and*
Sanctus, Mysterium Fidei, Agnus Dei in Latin

Grade Seven

In addition to the items above
Act of Love, Stations of the Cross,
Luminous Mysteries of the Rosary,
and Gloria in Latin

Grade Eight

In addition to the items above
Cardinal Virtues, Theological Virtues
and Principles of Catholic social teaching
John 11:25-26a

Grade Nine

In addition to the items above
Gifts of the Holy Spirit, major Feasts
of the Blessed Mother and of the Lord, Psalm 23

Grade Ten

In addition to the items above
Come, Holy Spirit and Fruits of the Holy Spirit,
1 Corinthians 13:4-8a

Grade Eleven

In addition to the item above
Magnificat, Matthew 28:16-20 (The Great
Commission)

Grade Twelve

In addition to the item above
Benedictus

Adults

An adult is called to learn by heart all the basic prayers, formulas and practices indicated previously in the life cycle. "In addition to the memorization of basic prayers and formulations of the faith, memorization of favorite psalms, songs, prayers, and poetry in praise of Christ our Savior is an effective form of catechesis that nourishes the human heart and helps to form the human spirit in Christ" (NDC 29F).