



# Archdiocese for the Military Services, USA Office of Faith Formation

## *Appendix 1:* *Schedule for Teaching Catholic Prayers and* *Spiritual Practices*

**Note: Adjust the schedule for individual adults, youth and children depending on where they are in their faith journey and to the catechist, Catholic faith community and family customs. Adults and adolescents may be introduced to and invited to deepen their knowledge and practice of prayer accordingly.**

Pre-K & K	1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3 <sup>rd</sup> Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade	6 <sup>th</sup> Grade	7 <sup>th</sup> - 8 <sup>th</sup> Grades
<b><i>To be introduced...</i></b> <b><u>Pre-K</u></b> <ul style="list-style-type: none"> <li>Prayers before and after meals</li> <li>Sign of the Cross</li> <li>Glory Be</li> <li>Angel of God (Prayer to the Guardian Angel)</li> </ul> <b><u>Kindergarten</u></b> <ul style="list-style-type: none"> <li>Simple morning, evening and mealtime prayers done at home</li> <li>Spontaneous prayer</li> <li>Prayers of petition</li> <li>Prayer for the dead</li> <li>Ask Blessed Mother Mary and the saints to pray to Jesus for us.</li> <li>"Amen" is an end to prayers and a yes to God.</li> <li>The Church as a sacred place where the people of God gather to pray and to worship God.</li> <li>Demonstrate how we respect others at liturgy.</li> <li>Demonstrate respect for God's presence in the Eucharist by genuflecting or bowing.</li> </ul>	<b><i>To be introduced...</i></b> <ul style="list-style-type: none"> <li>Define prayer as listening to and talking to God as our loving Father.</li> <li>Explain how Jesus teaches us to pray.</li> <li>Morning, meal and evening prayers are important.</li> <li>Blessed Mother and the saints intercede for us.</li> <li>The church is a special and sacred place.</li> <li>Identify objects in the church such as altar, cross, tabernacle, sanctuary light, and baptismal font.</li> <li>Identify symbols and colors of the seasons of the church year.</li> </ul> <b><i>To be memorized and/or explained...</i></b> <ul style="list-style-type: none"> <li>Sign of the Cross</li> <li>Lord's Prayer</li> <li>Hail Mary</li> <li>Glory Be</li> <li>Family prayer</li> <li>Prayer for the dead</li> <li>Prayer of petition</li> </ul>	<b><i>To be introduced...</i></b> <ul style="list-style-type: none"> <li>Prayer of contrition</li> <li>Sign of the Cross as a prayer to the Trinity</li> <li>Jesus taught us to say the "Our Father."</li> <li>Prayer as blessing, adoration, petition, intercession, thanksgiving and praise</li> <li>Prayer as communication with God who loves us</li> <li>Hymns as prayers</li> <li>Explain that, at Mass, we gather not just to listen and pray responses but to pray the whole Mass.</li> <li>The Beatitudes</li> </ul> <b><i>To be memorized and/or explained...</i></b> <ul style="list-style-type: none"> <li>The Apostles' Creed</li> <li>Essential elements of the sacrament of Penance/Reconciliation</li> <li>Two Great Commandments</li> <li>The Ten Commandments</li> <li>Prayer of adoration</li> </ul>	<b><i>To be introduced...</i></b> <ul style="list-style-type: none"> <li>God hears and answers prayers.</li> <li>Pray the Rosary as a special prayer that helps us imitate the lives of Jesus and Mary.</li> <li>Mysteries of the Rosary are meditations on different events in the lives of Christ and the Blessed Mother.</li> <li>Prayer is an important part of leading a moral life.</li> <li>The Nicene Creed is the statement of beliefs we pray at Mass.</li> <li>Write and recite a prayer of blessing and thanksgiving.</li> <li>Roles at Mass (such as lectors, acolyte, etc.)</li> <li>Angelus</li> <li>Regina Caeli</li> </ul> <b><i>To be memorized and/or explained...</i></b> <ul style="list-style-type: none"> <li>Liturgy of the Word</li> <li>Liturgy of the Eucharist</li> <li>Two Great Commandments</li> </ul>	<b><i>To be introduced...</i></b> <ul style="list-style-type: none"> <li>Prayer as loving communication with God that helps each person develop and strengthen their relationship with him and the community of the Church</li> <li>We pray for everyone – the living and the dead.</li> <li>The Rosary helps us to imitate the lives of Jesus and Mary.</li> <li>The Rosary is the "school of Mary".</li> <li>The Nicene Creed is the creed we say at Mass.</li> <li>The difference between meditative prayer and contemplative prayer and experience of both</li> <li>Meaning of evangelization</li> </ul> <b><i>To be memorized and/or explained...</i></b> <ul style="list-style-type: none"> <li>Construct spontaneous and meditative prayers.</li> <li>Liturgical responses</li> <li>Praying the Rosary</li> </ul>	<b><i>To be introduced...</i></b> <ul style="list-style-type: none"> <li>Pray daily as a way of calling God to mind, remaining in his presence, being in love with him, seeking his guidance, expressing sorrow for sins, seeking his forgiveness, growing in trust of him and simply thanking him.</li> <li>Recognize sacramental ritual prayer.</li> <li>Participate in Mass as a celebration of the Paschal Mystery.</li> <li>Meaning of the "Paschal Mystery"</li> <li>Principles of Catholic social teaching</li> <li>Justice and stewardship</li> <li>Precepts of the Church</li> <li>Cardinal Virtues</li> </ul> <b><i>To be memorized and/or explained...</i></b> <ul style="list-style-type: none"> <li>Responses at liturgy</li> <li>How to lead the Rosary</li> <li>Nicene Creed</li> </ul>	<b><i>To be introduced...</i></b> <ul style="list-style-type: none"> <li>Catholic Christians pray daily to talk to God and to listen to God's will.</li> <li>Psalms as prayers</li> <li>Worship belongs to God alone.</li> <li>The Eucharistic liturgy is the community's central act of worship.</li> <li>Identify elements of the Lord's Prayer.</li> <li>Prayer of Christians is grounded in the Word of God in Scripture and Tradition.</li> <li>Gospels, Wisdom books and other books in scripture are helpful for meditative prayer.</li> <li>Humility of Mary is a model for prayer.</li> <li>Four types of Mysteries of the Rosary (Joyful, Luminous, Sorrowful, Glorious)</li> <li>Participate in Church as a celebrating community.</li> </ul>	<b><i>To be introduced...</i></b> <b><u>7<sup>th</sup> Grade</u></b> <ul style="list-style-type: none"> <li>Prayer and our call as disciples of Jesus to conversion, repentance and becoming like Christ</li> <li>Scriptural prayer</li> <li>Validity of Mass</li> <li>Relationship of the Lord's Prayer and Scripture</li> <li>Principles of Catholic social teaching</li> <li>Free will</li> <li>Relationship of the Hail Mary to Sacred Scripture</li> </ul> <b><u>8<sup>th</sup> Grade</u></b> <ul style="list-style-type: none"> <li>Compose a prayer for vocations.</li> <li>Describe a Catholic devotion (such as a novena).</li> <li>Temperance</li> </ul> <b><i>To be memorized and /or explained...</i></b> <b><u>7<sup>th</sup> Grade</u></b> <ul style="list-style-type: none"> <li>Worship belongs to God alone.</li> <li>Psalms as prayers</li> <li>The Lord's Prayer and the Hail Mary come from Sacred Scripture.</li> <li>Outline the steps for <i>Lectio Divina</i>.</li> <li>Obligation to attend Mass on Sundays and Holy Days of Obligation</li> <li>Funeral Mass</li> </ul>

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<ul style="list-style-type: none"> <li>Identify Advent /Christmas and Lent/Easter.</li> <li>Identify the tabernacle as a place where the Blessed Sacrament is kept in the form of bread.</li> <li>Identify the Sign of Peace.</li> <li>Recognize sacramentals.</li> </ul>		<ul style="list-style-type: none"> <li>Liturgy of the Word</li> <li>Liturgy of the Eucharist</li> <li>Receiving Holy Communion</li> <li>Importance of participating in Mass as essential to living the Christian life</li> </ul>	<ul style="list-style-type: none"> <li>Prayer includes: blessing and adoration, contrition, petition, intercession, thanksgiving and praise.</li> <li>Explain the difference between meditative prayer and contemplative prayer</li> </ul>	<ul style="list-style-type: none"> <li>Faithfulness to prayer and worship leads to the grace to lead a moral life.</li> <li>Mysteries of the Rosary</li> <li>Theological Virtues</li> <li>The Beatitudes</li> <li>Meaning of evangelization</li> <li>The Beatitudes</li> <li>Corporal and Spiritual Works of Mercy</li> <li>Precepts of the Church</li> <li>Memorare</li> </ul>	<ul style="list-style-type: none"> <li>The difference between meditative prayer and contemplative prayer</li> <li>Demonstration of evangelization</li> </ul>	<ul style="list-style-type: none"> <li>Church as sacrament of Christ to the world</li> <li>Common good</li> <li>Parts (aspects) of a moral act</li> </ul> <p><b><i>To be memorized and/or explained...</i></b></p> <ul style="list-style-type: none"> <li>Compare and contrast personal and communal prayer</li> <li>Identify and define five types of prayer: blessing and adoration, petition, intercession, thanksgiving and praise</li> <li>Holy Days of Obligation in the United States</li> <li>Meaning of the “Paschal Mystery”</li> <li>Justice and stewardship</li> <li>Cardinal Virtues</li> <li>Difference between a covenant and a contract</li> <li>Give examples of evangelization.</li> </ul>	<ul style="list-style-type: none"> <li>Church as sacrament of Christ to the world</li> <li>Parts of the Mass and role of the assembly</li> <li>Parts (aspects) of a moral act</li> <li>Common good</li> </ul> <p><b><u>8<sup>th</sup> Grade</u></b></p> <ul style="list-style-type: none"> <li>Personal prayer and our relationship with God</li> <li>Need for openness to God’s call in our lives</li> <li>How the Gospel affirms and challenges our thoughts and actions</li> <li>Plan a rite of Reconciliation</li> <li>How prayer of imagination, especially in the context of meditation, is part of a prayer life for Christians</li> <li>Call to liturgical ministries</li> <li>Gifts of the Holy Spirit</li> <li>Special signs of the Bishop: miter, crosier, pectoral cross and ring</li> <li>Meaning of transubstantiation</li> <li>Permanence of Christian marriage</li> <li>Because Christ is at work in the sacraments, they are effective, independent of the disposition or holiness of the priest</li> <li>Why do Catholics participate in the devotion of Eucharistic adoration?</li> <li>What does the Church profess about the Eucharist?</li> <li>Principles of Catholic social teaching</li> </ul>

***To be memorized and/or explained...***

**Kindergarten**

- Sign of the Cross
- Glory Be
- Ability to express sorrow when we have hurt others
- God forgives us when we are sorry.

## PRAYERS AND PRACTICES FOR CATHOLIC DISCIPLES AND FAMILIES

Pre-K & K	1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3 <sup>rd</sup> Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade	6 <sup>th</sup> Grade	7 <sup>th</sup> - 8 <sup>th</sup> Grades
<ul style="list-style-type: none"> <li>▪ Praying the Rosary</li> <li>▪ The Lord's Prayer</li> <li>▪ Hail Mary</li> <li>▪ Hail Holy Queen</li> <li>▪ Mass Responses</li> <li>▪ Experience at age-appropriate level of <i>Lectio Divina</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ How to act when one receives Jesus in Holy Communion</li> <li>▪ The Ten Commandments</li> <li>▪ Hail Holy Queen</li> <li>▪ Mass Responses</li> <li>▪ Liturgy of the Word</li> <li>▪ Liturgy of the Eucharist</li> <li>▪ Instruction in use of litanies</li> <li>▪ Praying the Rosary</li> <li>▪ Identify objects in the church such as Easter candle, statues of Mary and the saints, holy water fonts, and Stations of the Cross</li> <li>▪ Eternal Rest</li> <li>▪ Experience at age-appropriate level of <i>Lectio Divina</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Benediction</li> <li>▪ Theological Virtues</li> <li>▪ Cardinal Virtues</li> <li>▪ Instruction in use of litanies</li> <li>▪ Praying the Rosary</li> <li>▪ Importance of sharing faith</li> <li>▪ <i>Angelus</i></li> <li>▪ <i>Regina Caeli</i></li> <li>▪ <i>Anima Christi</i></li> <li>▪ Experience at age-appropriate level of <i>Lectio Divina</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Rosary as a way to understand Jesus through the eyes and “school” of Mary</li> <li>▪ Spontaneous prayer</li> <li>▪ Morning prayer</li> <li>▪ Evening prayer</li> <li>▪ Mass responses</li> <li>▪ Instruction in use of litanies</li> <li>▪ Difference between spontaneous and liturgical prayer</li> <li>▪ Difference between public and private prayer</li> <li>▪ Ways that families can pray together</li> <li>▪ The Decalogue</li> <li>▪ Virtues</li> <li>▪ The Beatitudes</li> <li>▪ Corporal and Spiritual Works of Mercy</li> <li>▪ Meaning of evangelization</li> <li>▪ Experience at age-appropriate level of <i>Lectio Divina</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Spontaneous prayer</li> <li>▪ Morning prayer</li> <li>▪ Evening prayer</li> <li>▪ Prayer to the Holy Spirit</li> <li>▪ Instruction in use of litanies</li> <li>▪ Leading the Rosary</li> <li>▪ Cardinal Virtues</li> <li>▪ Capital Sins</li> <li>▪ Principles of Catholic Social Teaching</li> <li>▪ Divine Praises</li> <li>▪ Experience at age-appropriate level of <i>Lectio Divina</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Spontaneous prayer</li> <li>▪ Morning prayer</li> <li>▪ Evening prayer</li> <li>▪ Mass responses</li> <li>▪ Use of litanies</li> <li>▪ Mysteries of the Rosary</li> <li>▪ Act of Faith</li> <li>▪ Act of Love</li> <li>▪ Act of Hope</li> <li>▪ Stations of the Cross</li> <li>▪ Holy Days of Obligations</li> <li>▪ Prayer before a crucifix</li> <li>▪ Prayer for the Church</li> <li>▪ Liturgy of the Hours</li> <li>▪ Experience at age-appropriate level of <i>Lectio Divina</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Corporal Works of Mercy</li> <li>▪ Holy Days of Obligation</li> <li>▪ Apostles’ Creed</li> <li>▪ Parts of the Mass</li> <li>▪ Two Great Commandments</li> <li>▪ Sacraments</li> <li>▪ Spiritual Works of Mercy</li> <li>▪ Corporal Works of Mercy</li> <li>▪ Ten Commandments</li> <li>▪ Fruits of the Spirit</li> <li>▪ Prayer for Peace</li> <li>▪ Liturgy of the Hours</li> <li>▪ Canticle of Zechariah</li> <li>▪ Canticle of Mary</li> <li>▪ <i>Te Deum</i></li> <li>▪ Breastplate of St. Patrick</li> </ul>	<ul style="list-style-type: none"> <li>▪ Relationship of evangelization to how we live and model our faith</li> <li>▪ Free will</li> <li>▪ Spontaneous prayer</li> <li>▪ Morning prayer</li> <li>▪ Evening prayer</li> <li>▪ Liturgy of the Hours</li> <li>▪ Canticle of Zechariah</li> <li>▪ Canticle of Mary</li> <li>▪ <i>Te Deum</i></li> <li>▪ Use of litanies</li> <li>▪ Mysteries of the Rosary</li> <li>▪ Act of Faith</li> <li>▪ Act of Hope</li> <li>▪ Act of Love</li> <li>▪ Stations of the Cross</li> <li>▪ Prayer to the Holy Spirit</li> <li>▪ Peace Prayer</li> <li>▪ Breastplate of St. Patrick</li> </ul>

