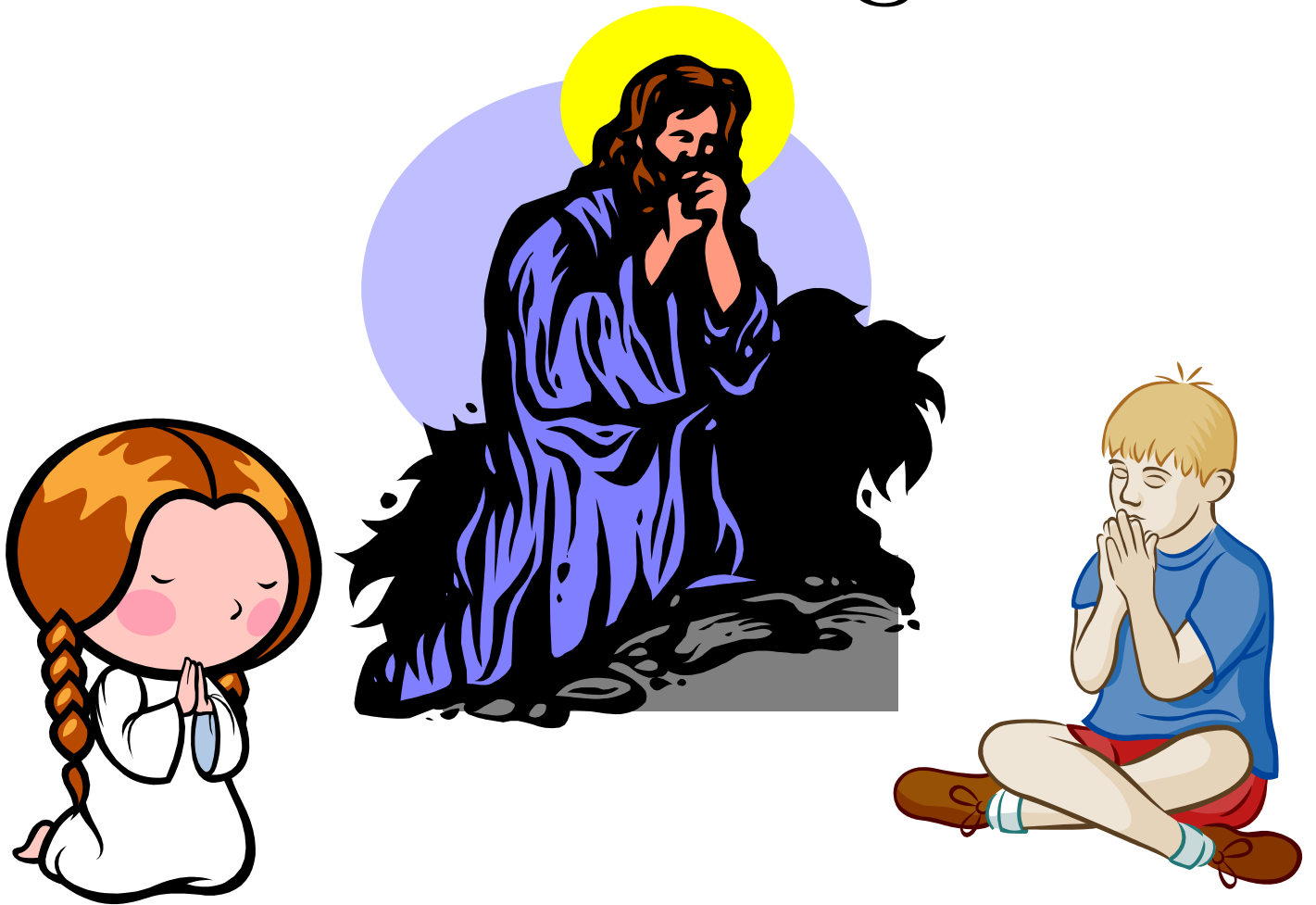
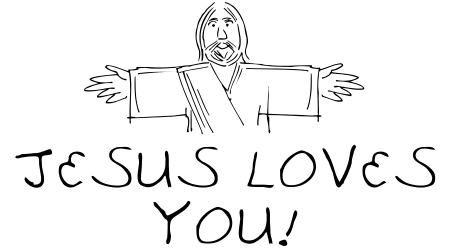


CK Challenge



“Pray without
ceasing”

Checklist



1st Grade

Sign of the Cross
Genuflection
Our Father
Blessing before Meals
Hail Mary
Glory Be
Angel of God

2nd Grade

All above plus...
Responses at Mass
The Ten Commandments
Act of Contrition
Blessing After Meals

3rd Grade

All above plus...
The Apostle's Creed
Vocation Prayer
7 Sacraments (and what they mean)
Order / Meaning of Mass

4th Grade

All above plus...
Act of Faith
Act of Hope
Act of Love
Morning Offering

5th Grade

All above plus...
Memorare
Stations of the Cross
Joyful Mysteries of the Rosary
Luminous Mysteries of the Rosary
Sorrowful Mysteries of the Rosary
Glorious Mysteries of the Rosary

6th Grade

All above plus...
Prayer for the Faithful Departed
Angelus
Regina Caeli
The 46 Books of Old Testament (in order)

7th Grade

All above plus...
Hail, Holy Queen
Prayer to the Holy Spirit
The 27 Books of New Testament (in order)

8th Grade

All the above plus...
The 7 Gifts of the Holy Spirit
The Precepts of the Church
Prayer to St. Francis

1st Grade

Sign of the Cross (with the right hand)

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

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.*

Guardian Angel

*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.*



Our Father

*Our Father, who art in heaven
hallowed be they 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.*

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.*

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.*

2nd Grade



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 Sabbath 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 anything that belongs to your neighbor.*



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



Grace After Meals

We give thee thanks, for all thy benefits,
Almighty God, who live and reign forever.
And may the souls of the faithful departed,
through the mercy of God, rest in peace.

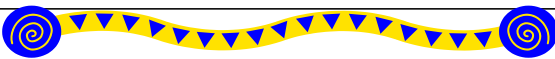
Amen.

3rd Grade



Vocation Prayer

*Lord, Show me how to be of service,
in your church and in the world.
Help me see what you want me to do.
Give me vision, courage, and friends
who encourage me to do your work.*



The Apostles' Creed

*I believe in God, the Father Almighty creator of
heaven and earth. I believe in Jesus Christ, his
only Son, our Lord. He 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
into hell. On the third day he arose again. He
ascended into heaven, and is seated at the right
hand of God, the Father Almighty. 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 of life everlasting.
Amen.*



Seven Sacraments

Baptism
Confirmation
Eucharist
Reconciliation
Anointing of the Sick
Holy Orders
Matrimony

The Mass

Introductory Rites

*Entrance Procession & Gathering
Song
Greeting
Penitential Rite
Gloria*

Liturgy of the Word

*First Reading
Responsorial Psalm
Second Reading
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 the Peace
Breaking of the Bread
Communion*

Concluding Rite

Blessing and Dismissal

4th Grade

Act of Faith

O my God, I firmly believe that You are one God in three Divine Persons, Father, Son and Holy Spirit; I believe that Your divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these are all the truths which the Holy Catholic Church teaches because You have revealed them who are eternal truth and wisdom, Who can neither deceive or be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord, I hope by Your grace for the pardon of all my sins and after life here to gain eternal happiness because You have promised it who are Infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen



5th Grade

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession was left unaided.

Inspired by this confidence, I fly unto thee,

O Virgin of virgins, my Mother!

To thee do I come, before thee I stand, sinful and sorrowful.

O Mother of the Word incarnate, despise not my petitions,
but in thy mercy hear and answer me. Amen

The Mysteries of the Rosary

The Joyful Mysteries (Mondays & Saturdays)

1. *The Annunciation*
2. *The Visitation*
3. *The Nativity*
4. *The Presentation of Jesus in the Temple*
5. *The Finding of Jesus in the Temple*

The Luminous Mysteries (Thursdays)

1. *The Baptism of Jesus*
2. *The Wedding at Cana*
3. *The Proclamation of the Kingdom of God*
4. *The Transfiguration*
5. *The Institution of the Eucharist at the Last Supper*

The Sorrowful Mysteries (Tuesdays & Fridays)

1. *The Agony in the Garden*
2. *The Scourging at the Pillar*
3. *The Crowning with Thorns*
4. *The Carrying of the Cross*
5. *The Crucifixion*

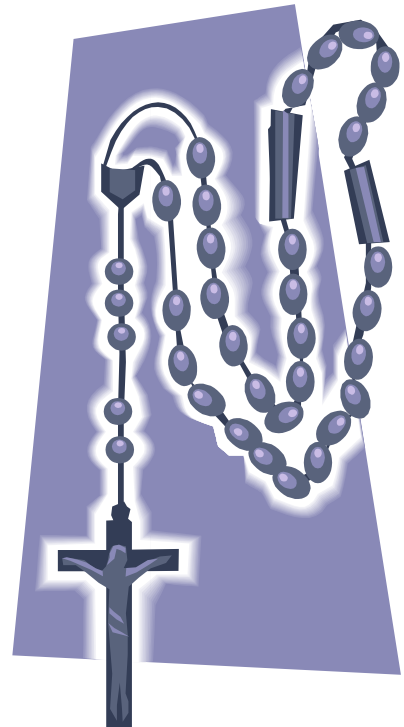
The Glorious Mysteries (Wednesdays & Sundays)

1. *The Resurrection*
2. *The Ascension*
3. *The Descent of the Holy Spirit*
4. *The Assumption*
5. *The Crowning of Mary as the Queen of Heaven*

Stations of the Cross

*We adore You, O Christ, and we
praise You, because by Your holy
Cross You have redeemed the
world.*

1. *Jesus is condemned to death.*
2. *Jesus carries his cross.*
3. *Jesus falls the first time.*
4. *Jesus meets his mother.*
5. *Jesus is helped by Simon of Cyrene.*
6. *Veronica wipes the face of Jesus.*
7. *Jesus falls the second time.*
8. *Jesus meets the women of Jerusalem.*
9. *Jesus falls the third time.*
10. *Jesus is stripped of his garments.*
11. *Jesus is nailed to the cross.*
12. *Jesus dies on the cross.*
13. *Jesus is taken down from the cross.*
14. *Jesus is buried in the tomb.*
15. *Jesus Christ is risen.*



6th Grade

Angelus

L. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary...

L. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary...

L. And the Word was made flesh.

R. And dwelt among us.

Hail Mary...

L. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Your Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection. Through the same Christ our Lord. Amen.

Regina Caeli

Queen of heaven, rejoice, alleluia.

*The Son whom you merited to bear, alleluia,
has risen and He said, alleluia.*

*Rejoice and be glad, O Virgin Mary, alleluia!
For the Lord has truly risen, alleluia.*

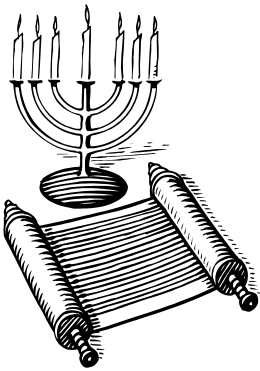
Let us pray: O God, who through the resurrection of Your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Prayer for the Faithful Departed

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace.
Amen.

46 Books of the Old Testament

- | | | | |
|----------------|------------------|-------------------|---------------|
| 1. Genesis | 13. 1 Chronicles | 25. Ecclesiastes | 37. Amos |
| 2. Exodus | 14. 2 Chronicles | 26. Song of Songs | 38. Obadiah |
| 3. Leviticus | 15. Ezra | 27. Wisdom | 39. Jonah |
| 4. Numbers | 16. Nehemiah | 28. Sirach | 40. Micah |
| 5. Deuteronomy | 17. Tobit | 29. Isaiah | 41. Nahum |
| 6. Joshua | 18. Judith | 30. Jeremiah | 42. Habakkuk |
| 7. Judges | 19. Esther | 31. Lamentations | 43. Zephaniah |
| 8. Ruth | 20. 1 Maccabees | 32. Baruch | 44. Haggai |
| 9. 1 Samuel | 21. 2 Maccabees | 33. Ezekiel | 45. Zechariah |
| 10. 2 Samuel | 22. Job | 34. Daniel | 46. |
| Malachi | | | |
| 11. 1 Kings | 23. Psalms | 35. Hosea | |



7th Grade

Hail Holy Queen

*Hail Holy Queen, Mother of Mercy;
our life, our sweetness, and our hope!
To thee do we cry,
poor banished children of Eve;
to thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn, then, most gracious advocate,
thine eyes of mercy toward us;
and after this exile, show to us
the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary!*

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ



Prayer to the Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful

R. And enkindle in them the fire of your love.

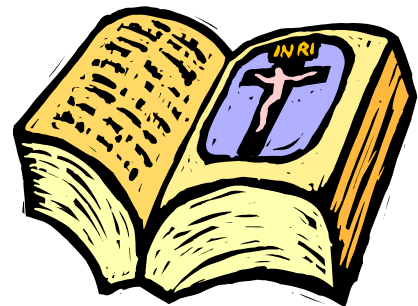
V. Send forth your Spirit and they shall be created;

R. And you shall renew the face of the earth.

*Let us pray: O God, by the light of the Holy Spirit
You have taught the hearts of your faithful. In the
same Spirit, help us to know what is truly right and
always to rejoice in Your consolation. We ask this
through Christ, Our Lord. Amen.*

27 Books of the New Testament

- | | |
|-------------------------|-----------------|
| 1. St. Matthew | 15. 1 Timothy |
| 2. St. Mark | 16. 2 Timothy |
| 3. St. Luke | 17. Titus |
| 4. St. John | 18. Philemon |
| 5. Acts of the Apostles | 19. Hebrews |
| 6. Romans | 20. St. James |
| 7. 1 Corinthians | 21. 1 St. Peter |
| 8. 2 Corinthians | 22. 2 St. Peter |
| 9. Galatians | 23. 1 St. John |
| 10. Ephesians | 24. 2 St. John |
| 11. Philippians | 25. 3 St. John |
| 12. Colossians | 26. St. Jude |



8th Grade

Seven Gifts of the Holy Spirit

Wisdom
Knowledge
Counsel (Right Judgment)
Fortitude (Courage)
Understanding
Piety
Fear of the Lord (Wonder & Awe)



Precepts of the Church

1. Participate in Mass on all Sundays and holy days of obligation.
2. Confess serious sins once a year.
3. Receive the Eucharist at least once during the Easter season.
4. Fast and abstain on days appointed by the Church.
5. Contribute to the Church's support.
6. Observe the laws of the Church concerning marriage

Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

Grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we are born to eternal life. Amen.