

Introduction

According to St. John Damascene, “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” Prayer is our connection to the the living God. It is an essential part of our Catholic faith.

It’s important to teach our children how to pray so that they, too, can communicate with our loving God. Teaching them to pray involves showing them both formal and informal prayers. The purpose of this book is to help you with the former.

The posters in this book will provide your child with visual cues for learning some of the basic Catholic prayers. The artwork is intended to be an inspiration to them as well as a physical representation of certain biblical events and aspects of our faith. They can be hung up almost anywhere in your home (or classroom); however, I suggest that you hang them up in a place where your child can see them when he prays. To prepare the posters, simply print them on printer paper and laminate for durability.

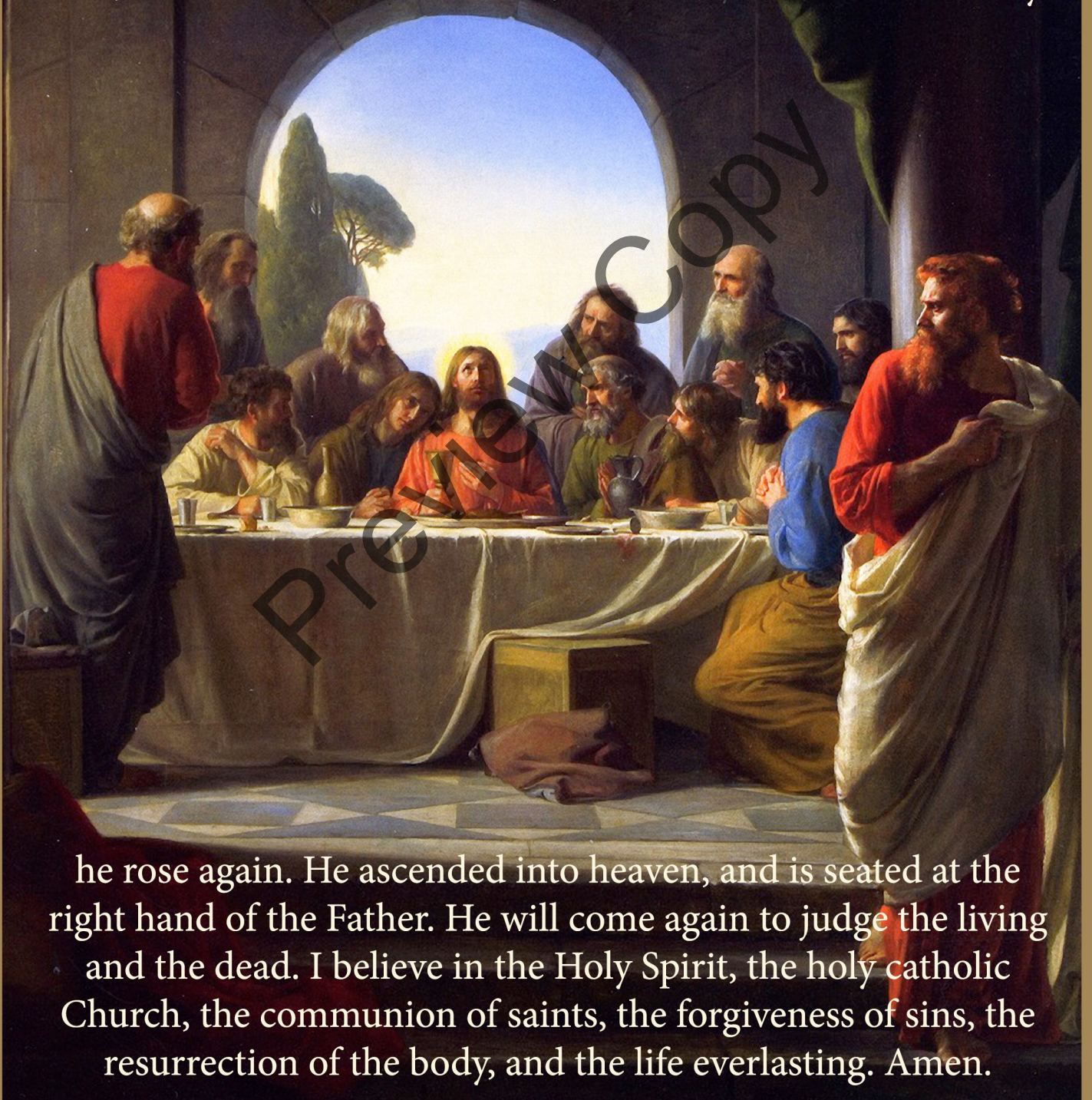
When helping your child learn the Catholic prayers, I suggest you focus on one at a time so that he won’t be too overwhelmed. There are twelve prayers in this book. You may want to do one per month starting with the shortest and easiest (The Sign of the Cross) and progressing to the longest and most difficult (Apostles’ Creed).

One fun activity that you can do with these posters is to make them into puzzles for your child to put together. To do so, simply print them on card stock, cut them into different shaped pieces, and give the pieces to your child to assemble.

It is my sincere hope that you and your child enjoy these prayer posters. May they inspire you and your family to seek God and pray daily.

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 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 the life everlasting. Amen.



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, O most gracious Advocate,
thine eyes of mercy toward us, and after this, our exile,
show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.



Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me. Water from the side of Christ, wash me.
Passion of Christ, strengthen me. O good Jesus, hear me.
Within Thy wounds hide me. Permit me not be separated from Thee.
From the malignant enemy defend me.
In the hour of my death call me, And bid me to come to Thee,
That, with Thy saints, I may praise Thee
For ever and ever. Amen.