10 Prayers to Teach Your Catholic Children

September 16, 2013 By [Dianna Kennedy](https://www.reallifeathome.com/author/dianna/)

In our home, we started praying with our children when they were very small. Before bed, we started with the Our Father, Hail Mary, and the Glory Be.

In a matter of months, the children knew all the prayers by heart, and were taking turns leading them. Rachel even surprised me by reciting the St Michael prayer one night, long before I knew she was even paying attention.

Take the time to say these prayers with your children. As parents, it’s our responsibility to teach them our beautiful Catholic faith.

**1. *Our Father***

Your children will hear this prayer at every Mass they attend.

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.

**2. *Hail Mary***

This is the prayer that we began teaching my children first. I’m especially close to our Blessed Mother, and it warms my heart to hear my children reciting this prayer.

Hail Mary, full of grace.  
The Lord is with thee.  
Blessed are you 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.

**3. *Glory Be/Doxology***

Doxology is defined as a short hymn of praises to God. Around here, we call this prayer the *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.** [***St. Michael Prayer***](http://amzn.to/ZmcRtT)

Ready for spiritual warfare? Arm yourself and your children with this beautiful prayer.

St. Michael the Archangel,  
defend us in battle.  
Be our defense against the wickedness and snares of the Devil.  
May God rebuke him, we humbly pray,  
and do thou,  
O Prince of the heavenly hosts,  
by the power of God,  
cast into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls. Amen.

**5. *Guardian Angel Prayer***

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,  
Rule and guide.  
Amen.

**6. *Table Blessing***

No matter if you refer to this as saying grace or call it a table blessing, encourage your children to give thanks for a bountiful harvest.

Bless us O Lord, and these thy gifts,  
Which we are about to receive, from thy bounty,  
Through Christ, Our Lord.  
Amen.

**7. *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.

**8. *Fatima Prayer***

In our family, we pray this at the end of each decade of [the Rosary](http://www.reallifeathome.com/rosary-crafts-for-children/).

O my Jesus, forgive us our sins.

Save us from the fires of hell,

lead all souls to heaven

especially those

in most need of thy mercy. Amen.

**9. *Memorare***

The actual author of this prayer is not known, but is attributed to [St Bernard of Clairvaux](http://www.catholic.org/saints/saint.php?saint_id=559) of the 12th century.

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

**10. *St. Patrick’s Breastplate***

As a family with an Irish background, [St. Patrick](http://www.reallifeathome.com/st-patricks-day-resources-for-toddlers-preschoolers-and-kindergarten-students/) is one of our favorites here.

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.