

Common Catholic Prayers

1. THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

2. THE LORD'S PRAYER (OUR FATHER)

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.

3. HAIL MARY

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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.

4. 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.

5. 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.

6. GRACE AFTER MEALS

We give you thanks, almighty God, for these and all your gifts which we have received through Christ our Lord. Amen.

7. ANGEL OF GOD

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.

8. PRAYER TO THE HOLY SPIRIT (SHORT)

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.

9. ACT OF CONTRITION #1

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 the help of your grace**, 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.

10. ACT OF CONTRITION #2 (*text is in the confessionals here*)

O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because I have offended thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

11. 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. O, Divine Master, 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 again to eternal life.

12. PRAYER TO ST. MICHAEL (SHORT)

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls.

13. 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 and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

14. ACT OF HOPE

O Lord God, 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.

15. 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.

16. ANIMA CHRISTI

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

17. MEMORARE

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.

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18. THE ANGELUS

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit. *Hail Mary...*
Behold the handmaid of the Lord: Be it done unto me according to Thy word. *Hail Mary . . .*
And the Word was made Flesh: And dwelt among us. *Hail Mary . . .*

Pray for us, O Holy Mother of God, 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, Thy 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.

19. GLORIA

Glory to God in the highest. And on earth peace to men of good will. We praise You. We bless You. We adore you. We glorify You. We give You thanks for Your great glory. O Lord God, heavenly King, God the Father almighty. O Lord Jesus Christ, the Only-begotten Son. O Lord God, Lamb of God, Son of the Father: you Who take away the sins of the world, have mercy on us. You Who take away the sins of the world, receive our prayer. You Who sit at the right hand of the Father, have mercy on us. For you alone are holy. You alone are the Lord. You alone, O Jesus Christ, are most high. Together with the Holy Spirit in the glory of God the Father. Amen.

20. NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

21. APOSTLES CREED

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; on the third day He rose again from the dead; He ascended into Heaven, and is seated at the right hand of God, the Father almighty; from there He will come 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 life everlasting. Amen.

22. FATIMA PRAYER (O MY JESUS) – *Rosary*

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.

23. O GOD - *Rosary*

[Let us pray] O God whose only begotten Son has purchased for us the rewards of eternal life, Grant that we beseech Thee while meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord Amen.

24. SPONTANEOUS PRAYER - Praying in our own words.

Forms: Praise, Blessing & Adoration, Thanksgiving, Intercession, and Petition

Expressions: Vocal, Meditative, and Contemplative
(see prayer hand-out for details on these)

25. DEVOTIONAL & INTERCESSORY PRAYER

Rosary, Chaplet of Divine Mercy, other Chaplets, Novenas, Saint Prayers, etc.

THE ROSARY

Opening:	Decades:	Closing:
1. Sign of the Cross	1. Announce the Mystery	1. Hail Holy Queen
2. The Apostles' Creed	2. One Our Father	2. O God
3. One Our Father	3. Ten Hail Mary's	
4. Three Hail Mary's	4. One Glory Be	
5. One Glory Be	5. One Fatima Prayer	

MYSTERIES OF THE ROSARY

Joyful (Monday & Saturday)	Glorious (Sunday & Wednesday)
1. The Annunciation	1. The Resurrection
2. The Visitation	2. The Ascension
3. The Nativity	3. The Coming of the Holy Spirit
4. The Presentation in the Temple	4. The Assumption
5. The Finding of Jesus in the Temple	5. The Coronation of Mary as Queen of Heaven

Sorrowful (Tuesday & Friday)	Luminous (Thursday)
1. The Agony in the Garden	1. The Baptism in the Jordan
2. The Scouring at the Pillar	2. The Miracle at Cana
3. The Crowning with Thorns	3. The Proclamation of the Kingdom
4. The Carrying of the Cross	4. The Transfiguration
5. The Crucifixion	5. The Institution of the Eucharist