

TRADITIONAL CATHOLIC PRAYERS FOR YOUR FAMILY

Sign of the Cross

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

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.

Glory Be (Doxology)

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.

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.

Morning Prayer

God, our Father, I offer you today
all that I think and do and say.
I offer it with what was done
on earth by Jesus Christ, your Son.
Amen.

Evening Prayer

God, our Father, this day is done.
We ask you and Jesus Christ, your Son,
that with the Spirit, our welcome guest,
you guard our sleep and bless our rest.
Amen.

Prayer Before Meals

Bless us, O Lord, and these your gifts
which we are about to receive from your goodness.
Through Christ our Lord.
Amen.

Prayer after Meals

We give you thanks
for all your gifts,
almighty God,
living and reigning
now and for ever.
Amen.

Prayer to One's 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

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.

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.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art 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.
(A traditional version)

or:
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.
(from the Rite of Penance)

or:
Lord Jesus, Son of God,
have mercy on me, a sinner.
(from the Rite of Penance)

Acts of Faith, Hope, and Love 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

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.

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.

Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

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.

V. Behold the handmaid of the Lord.

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

Hail Mary...

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary...

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.

Hail, Holy Queen (The Salve Regina)

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 our exile
show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving,
O sweet Virgin Mary.

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.

Morning Offering

My God, I offer you my prayers,
works, joys and sufferings of this day
in union with the holy sacrifice of the Mass throughout the world.
I offer them for all the intentions of your Son's Sacred Heart,
for the salvation of souls, reparation for sin,
and the reunion of Christians.
Amen.

Prayer to St. Michael

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 you, O prince of the heavenly host,
by the power of God,
thrust into hell Satan and the other evil spirits
who prowl about the world for the ruin of souls.
Amen.

Peace Prayer of Saint 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,
and it is in dying that we are born to eternal life.
Amen.
