

The Prayers of our Catholic Faith



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Memorare

Remember, most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly to you, Virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.



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Dear Families,

This booklet contains many basic prayers of our Catholic heritage. Please use the collection here to reinforce the prayers taught and discussed in our Religious Education classes.

This booklet does not contain all the prayers, nor are all versions of prayers listed.

If you would like a more comprehensive prayer book, please contact the office for information on Religious Goods Stores in the area. Thank you for continuing to teach your children our shared faith.

Eileen Lindner,
Coordinator of CRE

Magnificat

My soul magnifies the Lord, and my spirit rejoices in God my Savior; because he has regarded the lowliness of his handmaid; for, behold, henceforth all generations shall call me blessed; because he who is mighty has done great things for me, and holy is his name; and his mercy is from generation to generation on those who fear him. He has shown might with his arm, he has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has given help to Israel, his servant, mindful of his mercy — Even as he spoke to our fathers — to Abraham and to his posterity forever. Amen.

Holy Days of Obligation

Solemnity of Mary, Mother of God: January 1

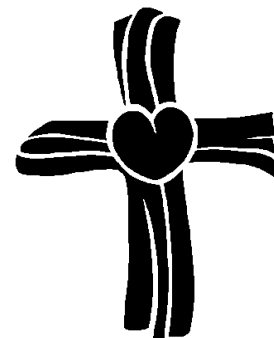
Ascension Sunday: 40 days after Easter

The Feast of the Assumption of Mary: August 15

The Solemnity of All Saints: November 1

The Feast of the Immaculate Conception of Mary:
December 8

The Solemnity of the Nativity of our Lord:
December 25



The Seven Sacraments

Baptism, Confirmation, Eucharist,
Reconciliation, Anointing of the
Sick, Holy Orders, Matrimony

The Divine Praises

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

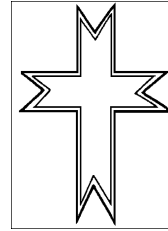
Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.



Prayer to the Holy Spirit

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.



The Sign of the Cross

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

Prayer Before Meals

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

Prayer After Meals

We thank you for all you give us, almighty
God, who live and reigns forever and ever. Amen.

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, to guard, to rule and guide.
Amen.

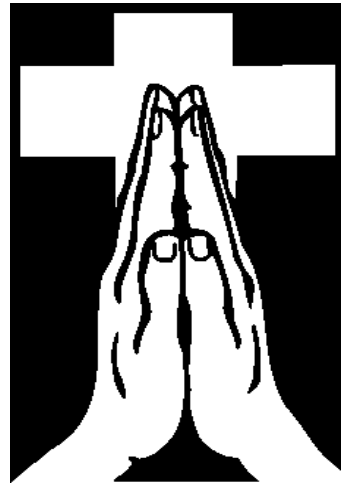
Prayer of Sorrow

O my God, I am sorry for my sins. In
choosing to sin and failing to do
good, I have sinned against You and
Your Church. I firmly intend, with
the help of Your Son,
to do penance and to sin no more.
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; the third day He rose again from the dead. He ascended into heaven, sits at the right hand of God, the Father almighty. From thence He shall 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



Lord's Prayer

Our Father, who art in heaven, hallowed be your name. Your kingdom come, your 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. Lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with You. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Angelus

The Angel of the Lord declared unto Mary.
And she conceived of the Holy Spirit.
Hail Mary...
Holy Mary...
Behold the handmaid of the Lord.
Be it done to me according to your word.
Hail Mary...
Holy Mary...
And the Word was made flesh.
And dwelt among us.
Hail Mary...
Holy Mary...
Pray for us, O holy Mother of God,
That we may be made worthy of the
promises of Christ.
Hail Mary...
Holy Mary...

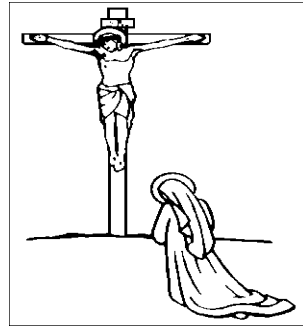
Let us pray:

Pour forth, we beseech you, O Lord, your 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



Stations of the Cross

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls the first time
4. Jesus meets his mother
5. Simon helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus fall 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 laid in the tomb
15. Jesus is raised from the dead



Prayer Before a Crucifix

Behold, my beloved and good Jesus, I cast myself upon my knees in your sight, and with the most fervent desire of my soul I pray and beseech you to impress upon my heart lively sentiments of faith, hope and charity, with true repentance for my sins and a most firm desire of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate your five most precious wounds, having before my eyes that which David the prophet long ago spoke about you, my Jesus: "They have pierced my hands and my feet: I can count all my bones."

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.

Fatima Prayer

O, my Jesus, forgive us our sins. Save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy. Amen.



Hail Holy Queen

Hail holy Queen, Mother of Mercy! Our life, our sweetness, and our hope. To you do we cry, the poor banished children of Eve. To you do we send up our sighs, mourning and weeping, in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy mother of God, that we may be made worthy of the promises of Christ. Amen.

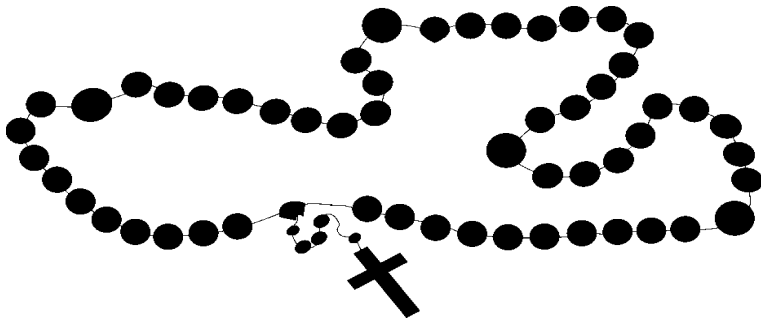
Praying the Rosary

Begin with the Sign of the Cross. Holding the crucifix, pray the Apostles Creed. On the first bead, pray the Our Father. On the next three beads, pray a Hail Mary. Conclude with a Glory Be to the Father and Fatima Prayer.

Announce the Mystery from the set for this day. The Mysteries recall important events in the life of Jesus. Each day of the week has its own set of Mysteries to think about as we pray each decade of the rosary.

Begin the first decade with an Our Father on the next bead. On the next ten beads, pray the Hail Mary. At the end of the ten beads, pray the Glory Be to the Father and the Fatima Prayer. This ends each decade. Go on to the next bead and announce the second mystery, pray the Our Father, and so on.

Each set of one Our Father, ten Hail Marys, one Glory Be to the Father, and one Fatima Prayer is called a decade.



Note: There are slightly different ways to follow the prayers on the rosary beads. Some people pray the Glory Be on the bead between the decades—and others on the space before that bead. Some people omit the Fatima Prayer altogether.

The Beatitudes

Blessed are the poor in spirit,
For theirs is the kingdom of heaven.

Blessed are the meek,
For they shall possess the earth.

Blessed are they who mourn,
For they shall be comforted.

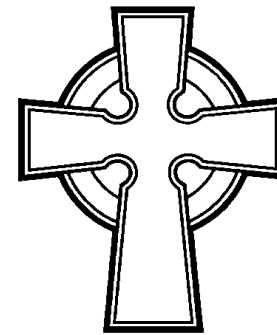
Blessed are they who hunger and thirst for justice,
For they shall be satisfied.

Blessed are the merciful,
For they shall obtain mercy.

Blessed are the clean of heart,
For they shall see God.

Blessed are the peacemakers,
For they shall be called the children of God.

Blessed are they who suffer persecution for justice sake,
For theirs is the kingdom of heaven.

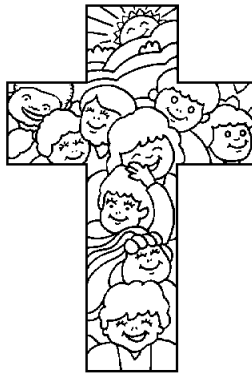


Prayer for the Pope

Father of providence, look with love on our Pope, your appointed successor to St. Peter on whom you built your Church. May he be the visible center and foundation of our unity in faith and love. Amen.

The Precepts of the Church

1. Participate in Mass on Sundays and holy days of obligation.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during the Easter season.
4. Keep holy Sunday and the holy days of obligation.
5. Observe the prescribed days of fasting and abstinence.
6. Provide for the material needs of the Church, according to one's abilities.



Prayer for Vocations

Dear God, you have a great and loving plan for our world and for me. I wish to share in that plan fully, faithfully, and joyfully. Help me to understand what it is you wish me to do with my life. Help me be attentive to the signs that you give me about preparing for the future. And once I have heard and understood your call, give me the strength and the grace to follow it with generosity and love. Amen.

The Mysteries of the Rosary

The Joyful Mysteries

Monday

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding our Lord in the Temple

The Sorrowful Mysteries

Tuesday & Friday

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

The Glorious Mysteries

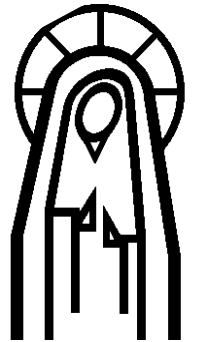
Wednesday & Saturday

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

The Luminous Mysteries

Thursday

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





Morning Prayer

O Jesus, through the Immaculate Heart of Mary, 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 Sacred Heart, the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our Bishops and all Apostles of prayer and in particular for those recommended by our Holy Father this month. Amen.

Evening Prayer

Lord Jesus, thank you for all the gifts you have given me today. I praise you for all you have done for me and others. Forgive me for the times I have failed to do what you wanted today, especially _____. Bless all those who have shown me your love and all your people. Have mercy on those who have died. Watch over me and keep me safe as I rest and grant me your peace. All this I pray, Lord Jesus, in your most holy name. Amen.

Prayer for the Dead

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

The Ten Commandments

1. I am the Lord, your God, you shall not have strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's 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 your neighbor's goods.

The Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit the imprisoned
7. Bury the dead

The Spiritual Works of Mercy

1. Counsel the doubtful
2. Instruct the ignorant
3. Admonish the sinner
4. Comfort the sorrowful
5. Forgive injuries
6. Bear wrongs patiently
7. Pray for the living and the dead

