

# Prayers to Know

## Lord's Prayer

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.

## 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.

## 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.

## Morning Offering

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  
of all members of the Apostleship of Prayer,  
and in particular for those recommended by our  
Holy Father this month. Amen.

## Grace Before Meals

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

## Grace After Meals

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

## 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.

## 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 to the dead.  
On the third day he arose 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.

## Nicene Creed

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth, of  
all that is seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, one in Being with the Father.  
Through him all things were made.  
For us men and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he was born of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate;  
he suffered, died, and was buried.  
On the third day he rose again  
in fulfillment of 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.  
We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets. We believe in one  
holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead, and the life of  
the world to come. Amen.

### **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 can neither deceive nor be deceived. Amen.

### **Act of Hope**

O my God, relying on your infinite goodness and promises, I  
hope to obtain pardon of my sins, the help of your grace, and  
life everlasting, through the merits of Jesus Christ, my Lord  
and Redeemer. Amen.

### **Act of Love**

O my God, I love you above all things  
with my whole heart and soul, because you are all good  
and worthy of all my love.

I love my neighbor as myself for the love of you.  
I forgive all who have injured me  
and I ask pardon of those whom I have injured. Amen.

### **Prayer to the Holy Spirit**

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

Lord,  
by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit help us to relish what is right  
and always rejoice in your consolation.  
We ask this through Christ our Lord.  
*Response.* Amen.

### **Regina Caeli**

*Verse.* Queen of heaven, rejoice, alleluia.  
*Response.* The Son you merited to bear, alleluia,  
*Verse.* Has risen as he said, alleluia.  
*Response.* Pray to God for us, alleluia.  
*Verse.* Rejoice and be glad, O Virgin Mary, alleluia.  
*Response.* For the Lord has truly risen, alleluia.  
Let us pray.  
God of life, you have given joy to the world  
by the resurrection of your Son, our Lord Jesus Christ.  
Through the prayers of his mother, the Virgin Mary,  
bring us to the happiness of eternal life.  
We ask this through Christ our Lord. 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.

### **Hail, Holy Queen**

Hail, holy Queen, Mother of Mercy!  
Hail our life, our sweetness, and our hope!  
To you do we cry, 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 unto 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.

### **Angelus**

*Verse.* The angel of the Lord declared unto Mary.  
*Response.* And she conceived of the Holy Spirit. Hail Mary ...  
*Verse.* Behold the handmaid of the Lord.  
*Response.* May it be done unto me according to your word.  
Hail Mary ...  
*Verse.* And the Word was made flesh,  
*Response.* And dwelt among us. Hail Mary.  
*Verse.* Pray for us, O holy Mother of God.  
*Response.* That we may be made worthy of the promises of Christ.  
Let us pray.  
Lord,  
fill our hearts with your grace:  
once, through the message of an angel  
you revealed to us the incarnation of your Son;  
now, through his suffering and death  
lead us to the glory of his resurrection.  
We ask this through Christ our Lord.  
*Response.* Amen.

### **Memorare**

Remember, most loving Virgin Mary,  
never was it heard  
that anyone who turned to you for  
help was left unaided.  
Inspired by this confidence,  
though burdened by my sins,  
I run to your protection  
for you are my mother.  
Mother of the Word of God,  
do not despise my words of  
pleading but be merciful and hear  
my prayer. Amen.

### **Prayer for Christlikeness**

Dear Jesus, help me to spread your fragrance everywhere I go;  
Flood my soul with your spirit and life:  
Penetrate and possess my whole being so completely  
That all my life may be only a radiance of yours;  
Shine through me and be so in me  
That everyone with whom I come into contact  
May feel your presence within me.  
Let them look up and see no longer me—but only Jesus.  
Amen.

*John Henry Cardinal Newman*

### **Vocation Prayer**

Lord, let me know clearly  
the work *which* you are calling me to do in life.  
And grant me every grace I need to answer your call  
with courage and love and lasting dedication to your  
will. Amen.

### **Take, Lord, and Receive**

Take, Lord, and receive all my liberty,  
my memory, my understanding  
and my entire will,  
All I have and call my own.  
You have given all to me.  
To you, Lord, I return it.  
Everything is yours; do with it what you will.  
Give me only your love and your grace, That  
is enough for me.

*St. Ignatius Loyola*