

# Commonly Used Prayers

## THE SIGN OF THE CROSS

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

## THE 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.

## OUR FATHER

Our Father, who art in heaven, hallowed by 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

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.

## 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 arose 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.

## ACT OF CONTRITION

O my God! I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who are all-good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life. 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 TO MY GUARDIAN ANGEL

Angel of God, my Guardian Dear, to whom God's love entrusts me here. Ever this day be at my side, to light, to guard, to rule and guide. Amen.

#### MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our Associates, and for the general intention recommended this month.

#### SIMPLE MORNING OFFERING

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.

#### BLESSING BEFORE MEALS

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

#### BLESSING AFTER MEALS

We thank You, O God, for these gifts and for all the gifts we have received from Your goodness, through Christ our Lord. Amen.

#### AT ENTRANCE TO CHURCH

Oh sacrament most holy, oh sacrament divine,  
all praise and all thanksgiving, be every moment thine.

#### PRAYER BEFORE THE CRUCIFIX (after Mass)

Look down upon me, O good and gentle Jesus, while before Thy face I humbly kneel, and with burning soul, pray and beseech You, to fix deep within my heart, lively sentiments of faith, hope and charity, a true contrition for my sins and a firm purpose of amendment, while I contemplate with great love and tender pity, Thy five wounds pondering over them within me, while calling to mind the words which David the Prophet said of Thee my Jesus, "They have pierced my hands and my feet; they have numbered all my bones."

#### ACT OF HOPE

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

#### ACT OF LOVE

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me and ask pardon of all whom I have injured.

#### SIMPLE ACTS OF FAITH, HOPE AND LOVE

Jesus, I believe in You. Jesus, I hope in You. Jesus, I love You. Amen.

THE ANGELUS (said at lunch)

- V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit. - Hail Mary, etc.
- V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word. - Hail Mary, etc.
- V. And the Word was made Flesh.  
R. And dwelt among us. - Hail Mary, etc.
- V. Pray for us, O holy Mother of God.  
R. 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, 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.

THE MARIAN PRAYER (said at lunch during the Easter Season)

Queen of heaven, rejoice, Alleluia. For He whom you were worthy to bear, Alleluia, Has risen as He foretold, Alleluia. Pray for us to God, Alleluia. Rejoice and be glad, O Virgin Mary, Alleluia. For the Lord has indeed risen, Alleluia.

Let us pray. O God, you gave joy to the whole world by the resurrection of your Son, our Lord Jesus Christ. Grant that through the intercession of the Virgin Mary, His mother, we may attain the joy of eternal life. We ask this through Christ, our Lord. Amen.