

BASIC PRAYERS

FATHER OUR FATHER
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Nihil Obstat: Richard V. Lawlor, SJ
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The Sign of the Cross

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

The 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.

Glory

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever. Amen.

The Angelus

The Angel of the Lord declared unto Mary.
And she conceived of the Holy Spirit.

Hail Mary . . .

Behold the handmaid of the Lord.
May it be done unto me according to your word.

Hail Mary . . .

And the Word became flesh.

And lived among us.

Hail Mary . . .

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

R. That we may be made worthy of the promises of Christ.

Let us pray: O Lord, it was through the message of an angel that we learned of the incarnation of your Son Christ. Pour your grace into our hearts, and by his passion and cross bring us to the glory of his resurrection. Through the same Christ, our Lord. Amen.

Glory to the Father . . .

The 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 life everlasting. Amen.

An 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.

An 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.

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

An Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins, because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin.

Morning Offering

Divine Heart of Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and

sufferings of this day, in reparation for sins, and for the salvation of all men and women, according to the special intentions of the Pope, in the grace of the Holy Spirit, for the glory of the heavenly Father. 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 give you thanks for all your benefits, O loving God, you who live and reign forever. Amen.

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 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” (cf. Ps 22:17–18).

Hail, Holy Queen

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope! To you we cry, poor banished

children of Eve; to you 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.

Memorare

Remember, O 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 with this confidence, I fly to you, O Virgin of virgins, my Mother; to you I come; before you I kneel, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer them. Amen.

How to Say the Rosary

The complete Rosary consists of four sets of mysteries, each containing five decades: the joyful mysteries, ordinarily recited on Mondays and Saturdays; the luminous mysteries, prayed on Thursdays; the sorrowful mysteries, prayed on Tuesdays and Fridays; and the glorious mysteries, usually recited on Wednesdays and Sundays.

To pray the Rosary as the blend of contemplative and vocal prayer that it is meant to be, it is recommended to meditate on the individual mysteries while reciting the prayers. In this way, the Rosary will bring us closer to Jesus and Mary and help us grow in our Christian life.

We begin the Rosary by blessing ourselves with the crucifix. Then we may recite the Apostles' Creed, one Our