

# Catholic Prayers

## Sign of the Cross

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

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## 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.

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## 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.

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## Glory Prayer

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.

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## 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.

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## 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. Amen.

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## 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.

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## 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 all whom I have injured. Amen.

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**A Vocation Prayer**

God, I know you will call me  
for special work in my life.  
Help me follow Jesus each day  
and be ready to answer your call.

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**Grace Before Meals**

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

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**Grace After Meals**

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

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**Evening Prayer**

Dear God,  
I thank you for today.  
Keep me safe throughout the night.  
Thank you for all the good I did today.  
I am sorry for what I have chosen to do wrong.  
Bless my family and friends. Amen.

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**Hail, Holy Queen**

Hail, Holy Queen, mother of mercy,  
hail, our life, our sweetness, and our hope.  
To you we cry, the children of Eve;  
to you we send up our sighs,  
mourning and weeping in this land of exile.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
lead us home at last  
and show us the blessed fruit of your womb, Jesus;  
O clement, O loving, O sweet Virgin Mary.

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**Magnificat**

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his name.

He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

Based on Luke 1:46-55

from *Catholic Household Blessings and Prayers*

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**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,  
It is in dying that we are born to eternal life.  
Amen.

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**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.

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## **The Angelus**

Leader: The angel spoke God's message to Mary,

Response: and she conceived of the Holy Spirit.

All: Hail Mary...

Leader: "I am the lowly servant of the Lord:

Response: let it be done to me according to your word."

All: Hail Mary...

Leader: And the Word became flesh

Response: and lived among us.

All: Hail Mary...

Leader: Pray for us, holy Mother of God,

Response: that we may become worthy of the promise of Christ.

Leader: 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.

All: Amen.

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## **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 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 name.

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### **Apostle's 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 rose 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.

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### **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.

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