

# Prayers to help me Grow Stronger in my Faith

## The Sign of the Cross

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

## The Our Father (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 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.

## 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.

## Guardian Angel Prayer (Angel of God)

Angel of God,  
my guardian dear,  
to whom God's love  
commits me here,  
ever this day be at my  
side, to light and guard, to  
rule and guide.  
Amen.

## Grace Before Meals

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

## Grace After Meals

We give thee thanks, for all  
thy benefits, almighty God,  
who  
lives and reigns forever.  
[And may the souls of the  
faithful  
departed, through the mercy  
of God, rest in peace.]  
Amen.

## Morning Offering

My God, I offer you today  
all that I think and do and  
say,  
uniting it with what was  
done  
on earth, by Jesus Christ,  
your Son.

## Evening Prayer

Dear God, before I sleep  
I want to thank you for this  
day  
so full of your kindness  
and your joy.  
I close my eyes to rest  
safe in your loving care.

## Prayer Before the Blessed Sacrament

Jesus,  
You are God-with-us,  
especially in this Sacrament  
of the Eucharist.  
You love me as I am  
and help me grow.

Come and be with me  
in all my joys and sorrows.  
Help me share your peace  
and love  
with everyone I meet.  
I ask in your name.  
Amen.

## Act of Contrition (Prayer of Sorrow)

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.  
Amen.



*“Pray, hope, and don't worry.” -St. Pio*