

Common Prayers to Recite

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 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 will be forever.
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.
Amen

Prayer Before Meals

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