

# 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 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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## 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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## Glory Be to the Father

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.

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## Prayer for Life

O God, our Creator, all life is in your hands from conception until death. Help us to cherish our children and to reverence the awesome privilege of our share in creation. May all people live and die in dignity and love. Bless all those who defend the rights of the unborn, the handicapped and the aged. Enlighten and be merciful toward those who fail to love, and give them peace. Let freedom be tempered by responsibility, integrity and morality.

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## Act of Contrition

O my God, I am heartily sorry for having offended You 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 you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life.

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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 forever. Amen.

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## Nicene Creed

I believe in one God The Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; Through him all things were made. For us men and for our salvation he came down from heaven,

*At the words that follow, up to and including and became man, all bow*

and by the Holy Spirit was incarnate of the virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with 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. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

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## Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord,

*At the words that follow, up to and including the Virgin Mary, all bow.*

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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

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## Prayer to St. Joseph

Glorious Saint Joseph, pattern of all who are devoted to toil, obtain for me the grace to toil in the spirit of penance, in order thereby to atone for my many sins; to toil conscientiously, putting devotion to duty before my own inclinations; to labour with thankfulness and joy, deeming it an honour to employ and to develop, by my labour, the gifts that I have received from Almighty God; to work with order, peace, moderation, and patience, without ever shrinking from weariness and difficulties; to work above all with a pure intention and with detachment from self, having always before my eyes the hour of death and the accounting which I must then render of time ill-spent, of talents unemployed, of good undone, and of my empty pride in success, which is so fatal to the work of God. All for Jesus, all through Mary, all in imitation of thee, O Patriarch Joseph! This shall be my motto in life and in death. Amen.