

## **BASIC PRAYERS**

### **The Our Father:**

**O**ur 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.

### **The Hail Mary:**

**H**ail Mary full of Grace, the Lord is with thee. Blessed are 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 to the Father:**

**G**lory 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:**

**A**ngel 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.

### **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.

### **Anima Christi:**

**S**oul of Christ, make me holy. Body of Christ, save me. Blood of Christ, fill me with love. Water from Christ's side, wash me. Passion of Christ, strengthen me. Good Jesus, hear me. Within your wounds, hide me. Never let me be parted from you. From the evil enemy, protect me. At the hour of my death, call me. And tell me to come to you. That with your saints I may praise you. Through all eternity. Amen.

### **Morning Prayer:**

In the name of our Lord Jesus Christ I will begin this day. I thank you, Lord, for having preserved me during the night. I will do my best to make all I do today pleasing to You and in accordance with Your will. My dear mother Mary, watch over me this day. My Guardian Angel, take care of me. St. Joseph and all you saints of God, pray for me...  
(add your daily offering)

### **Daily Offering:**

○ Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your sacred heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month.

### **Evening Prayer:**

○ my God, at the end of this day I thank You most heartily for all the graces I have received from You. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against You. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear Guardian Angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners, and save them from hell. Have mercy on the suffering souls in purgatory...  
(followed by an Act of Contrition)

### **At the End of the Day:**

Now I lay me down to sleep,  
I pray the Lord my soul to keep;  
If I should die before I wake,  
I pray the Lord my soul to take

### **Prayer Before Meals:**

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

or

Dear Jesus, we thank you for this food and ask you to bless it to our bodies, and our bodies to your service. Amen.