

## 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,  
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.

# My Prayer Book



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Name



## 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 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.



## THE ACT OF CONTRITION

O my God,  
I am sorry for my sins.  
In choosing to sin,  
And failing to do good,  
I have sinned against You  
And your church.  
I firmly intend,  
With the help of your Son,  
To make up for my sins  
And to love as I should. Amen.



## GLORY TO THE FATHER (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.



## 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, Almighty God, for  
these and all Your gifts. Which we have  
received Through Christ, our Lord. Amen.

## GUARDIAN ANGEL PRAYER

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.

