

Traditional Catholic Prayers

Sign of the Cross

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

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 your 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

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.

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.

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
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 holy catholic Church, the communion of saints,
the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Nicene Creed

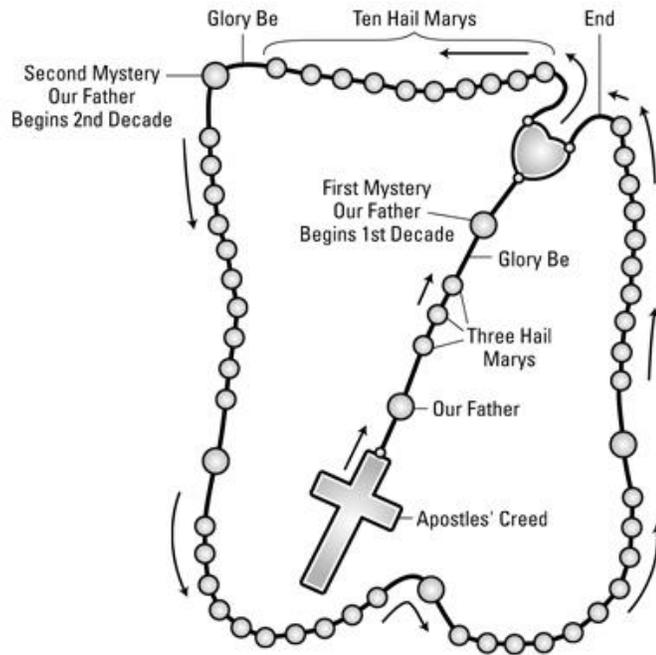
I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.
I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with 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.

Hail, Holy Queen (The Salve Regina)

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs, mourning and weeping in this valley of tears.
Turn then, most gracious advocate, thine eyes of mercy toward us,
and after this our exile show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary. Amen.

Praying the Rosary

1. Begin with the "Sign of the Cross."
2. Holding the crucifix, say the "Apostles' Creed."
3. On the first bead, say an "Our Father."
4. Say one "Hail Mary" on each of the next three beads.
5. Say the "Glory Be."
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture); then say the "Our Father."



7. While fingering each of the ten beads of the decade, say ten "Hail Mary" prayers and meditate on the Mystery. Then say a "Glory Be." (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.")
8. After saying the five decades, say the "Hail, Holy Queen," followed by this dialogue and prayer:
Pray for us, O holy Mother of God. *That we may be made worthy of the promises of Christ.*
O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life; grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen. (A prayer to St. Joseph may also follow.)
9. Conclude the Rosary with the "Sign of the Cross."

Joyful Mysteries

The five joyful mysteries are traditionally prayed on Mondays, Saturdays, and Sundays during the season of Advent:

The Annunciation

Luke 1:26-27 -- "In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary." (fruit of the mystery: humility)

The Visitation

Luke 1:39-42 -- "During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, 'Most blessed are you among women, and blessed is the fruit of your womb.'" (fruit of the mystery: love of neighbor)

The Nativity

Luke 2:1-7 -- "In those days a decree went out from Caesar Augustus that the whole world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. So all went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child. While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn." (fruit of the mystery: poverty)

The Presentation in the Temple

Luke 2:21-24 -- "When eight days were completed for his circumcision, he was named Jesus, the name given him by the angel before he was conceived in the womb.

"When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord, just as it is written in the law of the Lord, 'Every male that opens the womb shall be consecrated to the Lord,' and to offer the sacrifice of 'a pair of turtledoves or two young pigeons,' in accordance with the dictate in the law of the Lord." (fruit of the mystery: purity of heart and body)

The Finding in the Temple

Luke 2:41-47 -- "Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers." (fruit of the mystery: devotion to Jesus)

Sorrowful Mysteries

The five sorrowful mysteries are traditionally prayed on Tuesdays, Fridays, and Sundays during the season of Lent:

The Agony in the Garden

Matthew 26:36-39 -- "Then Jesus came with them to a place called Gethsemane, and he said to his disciples, 'Sit here while I go over there and pray.' He took along Peter and the two sons of

Zebedee, and began to feel sorrow and distress. Then he said to them, 'My soul is sorrowful even to death. Remain here and keep watch with me.' He advanced a little and fell prostrate in prayer, saying, 'My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.'" (fruit of the mystery: obedience to God's will)

The Scouring at the Pillar

Matthew 27:26 -- "Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified." (fruit of the mystery: mortification)

The Crowning with Thorns

Matthew 27:27-29 -- "Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, 'Hail, King of the Jews!'" (fruit of the mystery: courage)

The Carrying of the Cross

Mark 15:21-22 -- "They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. They brought him to the place of Golgotha (which is translated Place of the Skull)." (fruit of the mystery: patience)

The Crucifixion and Death

Luke 23:33-46 -- "When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, 'Father, forgive them, they know not what they do.'] They divided his garments by casting lots. The people stood by and watched; the rulers, meanwhile, sneered at him and said, 'He saved others, let him save himself if he is the chosen one, the Messiah of God.' Even the soldiers jeered at him. As they approached to offer him wine they called out, 'If you are King of the Jews, save yourself.' Above him there was an inscription that read, 'This is the King of the Jews.' Now one of the criminals hanging there reviled Jesus, saying, 'Are you not the Messiah? Save yourself and us.' The other, however, rebuking him, said in reply, 'Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied to him, 'Amen, I say to you, today you will be with me in Paradise.'

"It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, 'Father, into your hands I commend my spirit'; and when he had said this he breathed his last." (fruit of the mystery: sorrow for our sins)

Glorious Mysteries

The five glorious mysteries are traditionally prayed on Wednesdays and on Sundays outside the seasons of Advent and Lent:

The Resurrection

Luke 24:1-5 -- "But at daybreak on the first day of the week they took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb; but when they entered, they did not find the body of the Lord Jesus. While they were puzzling over this, behold, two men in dazzling garments appeared to them. They were terrified and bowed their faces to the ground. They said to them, 'Why do you seek the living one among the dead? He is not here, but he has been raised.'" (fruit of the mystery: faith)

The Ascension

Mark 16:19 -- "So then the Lord Jesus, after he spoke to them, was taken up into heaven and took his seat at the right hand of God." (fruit of the mystery: hope)

The Descent of the Holy Spirit

Acts 2:1-4 -- "When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim." (fruit of the mystery: wisdom)

The Assumption

Luke 1:48-49 -- "Behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name." (fruit of the mystery: devotion to Mary)

The Coronation of Mary

Revelation 12:1 -- "A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars." (fruit of the mystery: grace of a happy death)

Luminous Mysteries

The five luminous mysteries are traditionally prayed on Thursdays:

The Baptism of Christ in the Jordan

Matthew 3:16-17 -- "After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, 'This is my beloved Son, with whom I am well pleased.'" (fruit of the mystery: openness to the Holy Spirit)

The Wedding Feast at Cana

John 2:1-5 -- "On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, 'They have no wine.' [And] Jesus said to her, 'Woman, how does your concern affect me? My hour has not yet come.' His mother said to the servers, 'Do whatever he tells you.'" (fruit of the mystery: to Jesus through Mary)

Jesus' Proclamation of the Coming of the Kingdom of God

Mark 1:15 -- "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." (fruit of the mystery: conversion)

The Transfiguration

Matthew 17:1-2 -- "After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light." (fruit of the mystery: desire for holiness)

The Institution of the Eucharist

Matthew 26:26 -- "While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, 'Take and eat; this is my body.'" (fruit of the mystery: adoration)

Stations of the Cross

1. *Jesus is condemned to death.* Jesus was accused of many crimes he didn't commit. He didn't defend himself. He knew he needed to die for our sins.
Prayer: Jesus, I often get defensive when I know I did something wrong. Help me be honest. I also don't want to be a tattletale or accuse others of doing wrong.
2. *Jesus accepts the cross.* The cross was big and heavy. It was hard for Jesus to carry it. Jesus carried the heavy cross without complaining once.
Prayer: Sometimes schoolwork or jobs at home are hard for me and I complain. Jesus, please help me not to complain. I want to keep trying, even when I find something hard.
3. *Jesus falls the first time.* Jesus was already badly wounded when he fell the first time. It must have hurt very much. Jesus got up and kept on going.
Prayer: When we don't succeed in school or when we lose a sports game, it can make us feel defeated. Jesus was hurt but never defeated. Jesus, I want your attitude of hope and victory even if I am not succeeding.
4. *Jesus meets his mother.* Jesus knew that his mother was sad to see him suffering so much. But he was so happy she came to him. Mary loved Jesus very much.
Prayer: Our parents love us very much, and sometimes we don't let them hug us and care for us because we are mad or sad or don't want them to see us in trouble. Jesus, I thank you for my parents and their love for me.
5. *Simon of Cyrene helps Jesus.* Simon didn't come to help Jesus but to see what was going on. Then he was ordered by the soldiers to carry the cross, because Jesus was having such a hard time.
Prayer: Sometimes I don't want to help my friends or brothers and sisters or parents when I

am told to. Jesus, help me know that when I do help others, it is like helping you. I want to be kind and helpful.

6. *Veronica wipes Jesus' face.* Veronica loved Jesus very much. When she stepped out to wipe his face, she risked getting in big trouble from the soldiers. Her love and kindness overcame her fear.

Prayer: Jesus, I want to love you like Veronica. Help me to be brave and love others who are unpopular.

7. *Jesus falls a second time.* Jesus fell again because he was so weak and tired from all his wounds. He still didn't give up. He got back up and continued onward.

Prayer: Think of something that makes you feel weak, something that is hard for you to do. Ask Jesus to help you with this.

8. *Jesus meets the women of Jerusalem.* A lot of people were against Jesus, but a lot of people followed him. They were his faithful friends.

Prayer: Help me to be a faithful friend. When my friends are going through a hard time or are being made fun of, I want to help them and be a true friend.

9. *Jesus falls a third time.* It's unbelievable that Jesus fell again, and the soldiers didn't help him. They only yelled louder for him to get up and continue onward. Jesus didn't get mad at them; he forgave them.

Prayer: Sometimes people say or do hurtful things to us or don't help us when we need them. Jesus, help me to forgive everyone like you did. Help me not to get angry or hold a grudge against someone who has hurt me.

10. *Jesus is stripped of his clothes.* To be without clothes in front of everyone is a humiliating thing. Jesus wasn't ashamed because he knew his Father in heaven loved him and everyone who was there.

Prayer: Jesus, I want to know how much you and the Father love me, so I will never be embarrassed or ashamed.

11. *Jesus is crucified.* The soldiers drove nails through Jesus' hands and feet. They lifted up the cross and put it in place. Jesus was in a lot of pain.

Prayer: Many people suffer pain every day from being sick, hungry, poor, and because of war or natural disasters. Jesus, please comfort everyone who is in pain today.

12. *Jesus dies on the cross.* When Jesus died, the sky got dark, and the ground started to shake. This made some people very scared. They saw that Jesus was innocent and that they had made a big mistake.

Prayer: Jesus, help me to admit when I make mistakes. Help me to say I'm sorry. Thank you for always forgiving me. I love you, and I want to do the right thing.

13. *Jesus' body is taken down from the cross.* Joseph of Arimathea gave Jesus his own burial cave because Jesus didn't have a place to be buried. Joseph was another one of Jesus' friends who took a risk to help him.

Prayer: Sometimes it is risky to step out and help people who are in need. Jesus, I want to be a risk-taker and help others. Give me love and courage.

14. *Jesus is laid in the tomb.* Even when things look very difficult and sad, there is always hope that God can bring new life.

Prayer: Jesus, I believe that you died and rose from the dead so that I could have new life. Thank you!