

BASIC CATHOLIC PRAYERS

The Sign of the Cross

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

The Apostles' Creed

I believe in **God, the Father** almighty, creator of heaven and earth.
I believe in **Jesus Christ, His only Son**, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the life everlasting. Amen.

Our Father (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.

Doxology

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.

An Act of Faith

O my God, I firmly believe that You are one God in three divine persons, Father, Son and Holy Spirit. I believe that Your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because You have revealed them, who can neither deceive nor be deceived. Amen.

An Act of Hope

O my God, trusting in Your promises and because You are faithful, powerful and merciful, I hope, through the merits of Jesus Christ, for the pardon of my sins, final perseverance and the blessed glory of Heaven.

An Act of Love

O my God, because You are infinite goodness and worthy of infinite love, I love You with my whole heart above all things, and for love of You I love my neighbour as myself.

An Act of Contrition

O my God, I am heartily sorry for having offended you
because you are so good
and I firmly resolve, with the help of your grace, not to sin again. Amen.

A Morning Offering

Thank you God for this new day; help me to live it Jesus' way.
I offer you all my prayers, work, joys and sufferings of this day
in union with Christ Jesus my Lord.

Grace Before Meals

Bless us, O Lord, and these your gifts which of your goodness we are about to receive
(please bless those who prepared this meal for me)
Through Christ our Lord. Amen.

Thanksgiving After Meals

We give you thanks, almighty God, for all your gifts,
You who live and reign forever and ever. 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.