

APPENDIX 6 – PRAYERS

(The Sign of the Cross, Angel of God Prayer, Our Father, Hail Mary, and Glory Be are in Latin and English).

Sign of the Cross / Signum Crucis

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

In nomine Patris
et Filii
et Spiritus Sancti. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, in reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Our Father / Pater Noster

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.

Pater noster qui es in caelis:
sanctificetur Nomen Tuum,
adveniat Regnum Tuum;
fiat voluntas Tua,
sicut in caelo, et in terra.
Panem nostrum cotidianum da nobis hodie;
et dimitte nobis debita nostra,
sicut et nos dimittimus debitoribus nostris;
et ne nos inducas in tentationem;
sed libera nos a Malo. Amen.

Hail Mary / Ave, Maria

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.

Ave, Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

Glory Be / Gloria Patri

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.

Gloria Patri et Filio et Spiritui Sancto. Sicut erat in principio, et nunc et semper et in saecula saeculorum. Amen.

Angel of God / Angele Dei

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.

Angele Dei, qui custos es mei, me, tibi commissum pietate superna illumina, custodi, rege et gubernare. Amen.

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.

Prayer after Meals

We give Thee thanks Almighty God, for these and all Thy benefits. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

The Nicene Creed

I believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through Him all things were made. For us men and for our salvation, He came down from heaven: (bow) by the power of the Holy Spirit He was born of the Virgin Mary, and became Man. For our sake He was crucified under Pontius Pilate; He suffered, died, and was buried. On the third day He rose again in fulfillment of 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. With the Father and the Son He is worshiped and glorified. He has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

The 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; the third day He rose again from the dead;

He ascended into heaven, and sits at the right hand of God the Father Almighty, from thence He shall 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.

The Angelus (at noon)

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.
Hail Mary . . .
V. Behold the handmaid of the Lord.
R. Be it done unto me according to Thy word.
Hail Mary . . .
V. And the Word was made flesh. (bow)
R. And dwelt among us.
Hail Mary . . .
V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen.

Regina Coeli (at noon - recited during Easter Season)

V. Queen of heaven, rejoice, alleluia.
R. The Son whom you merited to bear, alleluia,
has risen as He said, alleluia.
V. Rejoice and be glad, O Virgin Mary, alleluia!
R. For the Lord has truly risen, alleluia.

Let us pray: O God, Who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ, our Lord. Amen.

Hail, Holy Queen (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 exile show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.
V. Pray for us, O holy Mother of God
R. That we may be made worthy of the promises of Christ.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Sub Tuum Praesidium (Under Your Protection)

We fly to thy protection, O holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin.

Examination of Conscience

What sins of thought, word, deed, or omission have I committed today. Here it is good to mentally review your day in the light of the 10 commandments.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

Act of Contrition (Alternate Version from the Rite of Penance)

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.

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 are eternal truth and wisdom, Who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it Who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Jesus Prayer

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

pardoning that we are pardoned. And, it is in dying that we are born to eternal life.

Te Deum

Your are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father;
All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
Your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,
The eternal Son of the Father.

When you became man to set us free
you did not spurn the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.
We believe that you will come and be our judge.

Come then, Lord, and help your people,
Bought with the price of your own blood,
And bring us with your saints
to glory everlasting.

V. Save your people, Lord, and bless your inheritance.
R. Govern and uphold them now and always.
V. Day by day we bless you.
R. We praise your name for ever.
V. Keep us today, Lord, from all sin.

R. Have mercy on us, Lord, have mercy.
V. Lord, show us your love and mercy;
R. for we put our trust in you.
V. In you, Lord, is our hope:
R. and we shall never hope in vain.

Eternal Rest

Eternal rest grant unto them, O Lord, and let perpetual help shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Chaplet of the Divine Mercy

(Said on ordinary Rosary beads)

Begin with the Sign of the Cross.

On the first three Hail Mary beads, say
the Our Father...Hail Mary...Apostles Creed...

On the Our Father beads, say:
Eternal Father, I offer You the Body and Blood,
Soul and Divinity of Your dearly beloved Son,
Our Lord Jesus Christ, in atonement for our
sins and those of the whole world.

On the Hail Mary beads, say:
For the sake of His sorrowful Passion, have
mercy on us and on the whole world.

In conclusion, recite three times:
Holy God, Holy Mighty One, Holy Immortal
One, have mercy on us and on the whole world.

End with the Sign of the Cross.

The Divine Praises

Blessed be God.
Blessed be his holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy Sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

Come, Holy Spirit

V. Come, Holy Spirit, fill the hearts of Thy faithful.
R. Enkindle in them the fire of Thy love.
V. Send forth Thy Spirit and they shall be created.
R. And Thou shalt renew the face of the earth.
V. Let us pray:
R. O God, Who by the light of the Holy Spirit didst instruct the hearts of the faithful, grant that in the same Spirit they may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

Prayer of St. Francis

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love; where
there is injury, pardon; where there is doubt,
faith, where there is despair, hope, where there is
darkness, light; and where there is sadness, joy.
O divine Master, grant that I may not so much
seek to be consoled as to console; to be
understood, as to understand; to be loved as to
love. For it is in giving that we receive, it is in

as it was in the beginning is now, and will be forever.
Amen.

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: the
Almighty has done great things for me, and holy is
his Name.

He has mercy on those who fear him in every
generation.

He has shown the strength of His arm,
he has scattered the proud in their conceit.

He has cast down the might from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has come to the help of His servant Israel for He
has remembered His promise of mercy, the promise
He made to our fathers, to Abraham and His children
forever.

Glory to the Father and to the Son and to the Holy
Spirit,
as it was in the beginning, is now, and will be
forever. Amen.

Byzantine Catholic Prayers

O Heavenly King, Comforter, Spirit of Truth! You
are everywhere present and fill all things. Treasury
of Blessings and Giver of Life, come and dwell
within us, cleanse us of all stain, and save our souls,
O gracious Lord.

O Most Holy Trinity, have mercy on us; O Lord,
cleanse us of our sins; O Master forgive our
transgressions; O Holy One, come to us and heal our
infirmities for Your Name's sake.

Aspirations (short, breath prayers that unite us to God, His Mother and the Saints)

May the Most Blessed Sacrament be
praised and adored forever!

My Lord and my God!

I can do all things in Him who strengthens
Me. ---Philippians 4:13

Jesus, help me!

Jesus, help us!

We adore You, O Christ, and we bless
You, because by Your Holy Cross You
have redeemed the world.

God come to my assistance.
- Lord, make haste to help me.

Jesus, Mary and Joseph, save souls!

Jesus, Mary, and Joseph, help and protect us!

O Mary conceived without sin, pray for
us who have recourse to thee.

Mother of Mercy, pray for us.

Jesus, I trust in You!

Most Sacred Heart of Jesus, Have mercy on us!

O Jesus, meek and humble of heart, make my
heart unto Thine.

Immaculate Heart of Mary, pray for us.

St. (name of saint), pray for us. (said on the
feast day of any saint)

Praised be Jesus Christ, now and forever.

The Benedictus

Blessed be the Lord, the God of Israel;
he has come to His people and set them free.

He has raised up for us a mighty savior, born of the
house of his servant David.

Through his holy prophets he promised of old that he
would save us from our enemies, from the hands of
all who hate us.

He promised to show mercy to our fathers and to
remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the
Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God the dawn from
on high shall break upon us,
to shine on those who dwell in darkness and the
shadow of death,
and to guide our feet into the way of peace.

Glory to the Father and to the Son and to the Holy
Spirit,

