

## Common Catholic Prayers

### **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.

### **The 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 death. Amen.

### **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 vale 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!

## **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.

## **The Apostles' Creed**

I believe in God the Father, Almighty, Maker of heaven and earth,  
and in Jesus Christ, his only begotten 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 sits at the right hand of God the Father Almighty.  
From there he shall come to judge the living and the dead.  
I believe in the Holy Spirit.  
I believe in the holy catholic church, the communion of saints,  
the forgiveness of sins, the resurrection of the body,  
and the life everlasting. Amen.

## **Morning Offering**

Most Holy Trinity, one God in three Persons, I firmly believe that You are here present.  
I adore You with the most profound humility.  
I praise You and give You thanks with all my heart for the favors You have bestowed on me.

Your Goodness has brought me safely to the beginning of this day.  
Behold, O Lord, I offer You my whole being  
and in particular all my thoughts, words and actions,  
together with such crosses and contradictions as I may meet with in the course of this day.  
Give them, O Lord, Your blessing.

May Your divine Love fill my heart, lead me to give honor and glory of Your Sovereign Majesty.  
Amen.

## **Blessing Before Meals**

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

### **Blessing After Meals**

We give Thee thanks for all Thy benefits, O Almighty God, who live and reign, world without end. Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### **Evening Prayer, by St. Augustine**

Watch, O Lord, with those who wake, or watch, or weep tonight,  
and give Your Angels and Saints charge over those who sleep.  
Tend Your sick ones, O Lord Christ.  
Rest Your weary ones,  
Bless Your dying ones,  
Soothe Your suffering ones,  
pity Your afflicted ones,  
Shield Your joyous ones,  
And all for Your love's sake. 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.

## **The Rosary**

Make the Sign of the Cross.

Say the Apostles' Creed, the Our Father, three Hail Marys and the Doxology.

Pray the Our Father, ten Hail Marys and the Doxology for each decade (ten beads on the Rosary), of each mystery.

There are numerous Catholic websites that provide lists of each decade of the Joyful, Sorrowful and Glorious Mysteries of the Rosary.

## **Ignatian Scriptural Prayer**

St. Ignatius of Loyola devised a simple format for coming to know by meditating on the events of his life. This, or a similar, form of Scriptural prayer should be a part of every Christian believer's daily routine. Devote at least 30 minutes daily to this prayer. Step-by-step instructions can be found at:

<http://www.sacredspace.ie/>

or

<http://www.loyolapress.com/3-minute-retreats-daily-online-prayer>

## **Lectio Divina**

Lectio Divina is another form of Scriptural prayer, but it is very different from Ignatian prayer. Detailed information about this prayer is available on many websites such as:

<http://ocarm.org/en/content/lectio/what-lectio-divina>