

# WELL-KNOWN CATHOLIC PRAYERS

*For your songs and proverbs and parables, and for your interpretations, the countries marveled at you. ~ Sirach 47:17*

## SIGN OF THE CROSS

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

## OUR FATHER

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 thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.

## CONFITEOR

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have sinned through my own fault,  
*They strike their breast:*  
in my thoughts and in my words,  
in what I have done  
and what I have failed to do;  
and I ask blessed Mary, ever virgin,  
all the angels and saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.



*A rosary from Ireland*

## GLORIA

Glory to God in the highest,  
and peace to his people on earth.  
Lord God, Heavenly King,  
Almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God, you take away the sins  
of the world, have mercy on us.  
You are seated at the right hand of the Father,  
receive our prayer.  
For You alone are the Holy One, You alone  
are the Lord, You alone are the Most High,  
Jesus Christ,  
with the Holy Spirit, in the glory of God the Fa-  
ther. 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  
will be forever. Amen.

## 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 that the holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived. In this faith I intend to live and die.

## ACT OF HOPE

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. In this hope I intend to live and die.

## ACT OF LOVE

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. In this love I intend to live and die.

## ACT OF CONTRITION

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

## 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 St. Joseph, her most chaste spouse.  
Blessed be God in his angels and in his saints.  
Amen.

## PRAYER TO ONE'S 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, to guard, to rule and guide. Amen.

## COME, HOLY SPIRIT

Come, Holy Spirit, fill the hearts of  
your faithful  
and enkindle in them the fire of  
your love.

Leader: Send forth your Spirit and  
they shall be created.

Response: And you shall renew the  
face of the earth.

Let us pray.

O God, who by the light of the  
Holy Spirit instructs the hearts  
of the faithful, grant that in the  
same Spirit we may be truly wise,  
and ever rejoice in his consolation,  
through Christ our Lord. Amen.

## THE ANGELUS

The angel of the Lord  
declared unto Mary.  
And she conceived  
by the Holy Spirit.  
Hail Mary, full of grace...  
Behold the handmaid of the Lord.  
Be it done unto me according to thy word.  
Hail Mary, full of grace...  
And the Word was made flesh.  
And dwelt among us.  
Hail Mary, full of grace...  
Pray for us, O holy Mother of God.  
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 mes-  
sage of an angel, may, by his Passion and cross, be  
brought to the glory of his Resurrection, through  
the same Christ our Lord. Amen.



**HAIL, HOLY  
QUEEN**

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

**MEMORARE**

Remember, O most gracious  
Virgin Mary that never was it  
known that anyone who fled  
to your protection, implored  
your help, or sought your  
intercession was left un-  
aided.  
Inspired by this confi-  
dence,  
I fly to you O Virgin of vir-  
gins, my mother.  
To you I come, before you I  
stand, sinful and sorrowful.  
O mother of the Word Incarnate,  
despise not my petitions,  
but in your mercy, hear and answer me.  
Amen.

**PRAYER TO ST. MICHAEL, THE  
ARCHANGEL**

St. Michael, the archangel,  
defend us in battle,  
be our defense against the wickedness  
and the snares of the devil.  
May God rebuke him we humbly pray,  
and do thou,  
O Prince of the Heavenly host,  
by the power of God,  
cast into Hell Satan and all the evil spirits,  
prowling throughout the world,  
seeking the ruin of souls. Amen.

*“Whoever has God wants for nothing.  
God alone is enough.”*

**THE PRAYER OF  
ST. FRANCIS OF  
ASSISI**

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

**PRAYER OF ST. TERESA  
OF AVILA**

Let nothing trouble you.  
Let nothing frighten you.  
Everything passes.  
God never changes.  
Patience obtains all.  
Whoever has God wants  
for nothing.  
God alone is enough.

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.

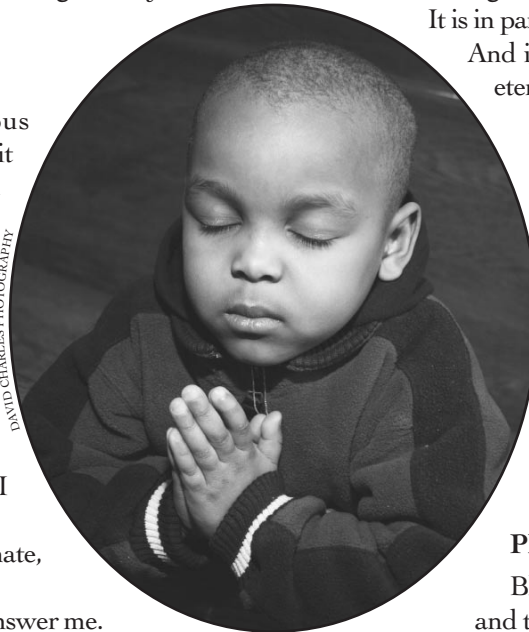
**PRAYER AFTER MEALS**

We give you thanks for all your benefits,  
O almighty God, who lives and reigns forever;  
and may the souls of the faithful departed,  
through the mercy of God, rest in peace. Amen.

**PRAYERS BEFORE HOLY COMMUNION**

**YOUR SACRED TABLE**

(by St. Francis de Sales)  
Divine Savior, we come to your sacred table to  
nourish ourselves, not with bread but with your-



self, true Bread of eternal life. Help us daily to make a good and perfect meal of this divine food. Let us be continually refreshed by the perfume of your kindness and goodness. May the Holy Spirit fill us with his love. Meanwhile, let us prepare a place for this holy food by emptying our hearts. Amen.

#### NO OTHER TREASURE BESIDES THEE

(by St. Peter Julian Eymard)

I will have no other treasure besides Thee, good Jesus! My heart shall no longer seek its Best-Beloved; it has found him. My love shall no more languish far from Thee, now that I know Thy dwelling-place. Oh, draw me now entirely to Thee, Divine Lover, my mind with all its thoughts, my heart with all its desires and affections, my will with all its actions, my body with all its senses, that I may live no longer in myself but in Thee! Amen.

#### ADORO TE DEVOTE

(by St. Thomas Aquinas)

Godhead here in hiding, whom I do adore  
Masked by these bare shadows,  
shape and nothing more,  
See, Lord, at thy service low lies here a heart  
Lost, all lost in wonder at the God Thou art  
Seeing, touching, tasting are in Thee deceived;  
How says trusty hearing? that shall be believed;  
What God's Son has told me, take for truth I do;  
Truth himself speaks truly or there's nothing true.  
Amen.

#### OTHER PRAYERS BEFORE COMMUNION

O Lord Jesus Christ, who said to your apostles: "Peace I leave with you, My peace I give to you," regard not my sins but the faith of your Church, and deign to give her peace and unity according to your will: Who live and reign, world without end. Amen.

O Lord Jesus Christ, Son of the living God, who, by the will of the Father, with the cooperation of the Holy Spirit, have by your death given life to the world, deliver me by this your Most Sacred Body and Blood from all my sins and from every evil. Make me always cling to your commandments, and

never permit me to be separated from you. Who with the same God the Father and the Holy Spirit, live and reign, world without end. Amen.

#### PRAYERS AFTER HOLY COMMUNION ANIMA CHRISTI (SOUL OF CHRIST)

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, strengthen me.

O good Jesus, hear me.

Within thy wounds, hide me.

Separated from thee never let me be.

From the malignant enemy, defend me.

At the hour of death, call me,  
and bid me to come unto thee.

That I may praise you,

in the company of your saints, for all eternity.

Amen.

#### OTHER PRAYERS AFTER COMMUNION

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen. What has passed our lips as food, O Lord, may we possess in purity of heart, that what is given to us in time, be our healing for eternity. May your Body, O Lord, which I have eaten, and your Blood which I have drunk, cleave to my very soul, and grant that no trace of sin be found in me, whom these pure and holy mysteries have renewed. Who live and reign, world without end. Amen.

#### ACT OF SPIRITUAL COMMUNION (when the reception of Communion is not possible)

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you in the sacrament, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen

(CCC 2676-2677, 2688, 2698, 2701-2704, 2759-2854)

*"What has passed our lips as food, O Lord, may we possess  
in purity of heart."*