

# Common Catholic Prayers

## **Sign of the Cross 1**

(Bring right hand to forehead, chest, left then right shoulder.)

In the name of the Father, and of the Son, and of the Holy Spirit. 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. Lead us not into temptation but deliver us from evil. 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.

## **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.

## **Saint Michael Prayer 5 (by Pope Leo XIII)**

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and 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 other evil spirits who prowl about the world seeking the ruin of souls. Amen.

## **Guardian Angel Prayer**

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.

## **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.

## **The Fatima Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy. 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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary!

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

### **Memorare** (by Saint Bernard of Clairvaux)

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, we fly unto thee, O Virgin of virgins, our Mother. To thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions but in thy mercy hear and answer us. Amen.

### **Grace Before Meals**

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

### **Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the holy sacrifice of the Mass throughout the world, for all the intentions of your Sacred Heart: for the salvation of souls, the reparation of sins, the reunion of all Christians, and for the intentions of our Holy Father. Amen.

### **The Jesus Prayer**

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

### **Prayer to the Holy Spirit**

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

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

### **Prayer for Spiritual Communion**

(For occasions when one cannot receive Holy Communion)

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot at this moment receive you, please enter spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

### **Miraculous Medal Prayer**

O Mary, conceived without sin, pray for us who have recourse to thee, and for those who do not have recourse to thee, especially for the enemies of the Church. Amen.

## **The Angelus**

*Prayed daily at 6AM Noon, & 6PM. In a group, responses are in italics.*

The angel of the Lord declared unto Mary.

*And she conceived of the Holy Spirit.*

-Hail Mary...

Behold the handmaid of the Lord.

*Be it done unto me according to thy word.*

Hail Mary...

And the Word was made flesh. (if standing, bow or genuflect at these words)

*And dwelt among us.*

Hail Mary...

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 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**

*Replaces the Angelus during Easter season*

Queen of Heaven rejoice, Alleluia,

for he whom you did merit to bear, Alleluia,

has risen as he said, Alleluia.

Pray for us to God, Alleluia.

Rejoice and be glad, O Virgin Mary, Alleluia,

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.

## **Anima Christi**

Soul of Christ, make me holy,

Body of Christ, be my salvation,

Blood of Christ, let me drink your wine,

Water flowing from the side of Christ, wash me clean,

Passion of Christ, strengthen me,

Kind Jesus, hear my prayer,

hide me within your wounds, and keep me close to you.

Defend me from the evil enemy and call me at the hour of my death to the fellowship of your saints that I might sing your praise with them for all eternity. Amen.

## **Prayer of Saint Patrick**

Christ with me. Christ before me. Christ behind me. Christ in me. Christ beneath me. Christ above me. Christ on my right. Christ on my left. Christ in breadth. Christ in length. Christ in height. Christ in the heart of every man who thinks of me. Christ in the mouth of every man who speaks of me. Christ in every eye that sees me. Christ in every ear that hears me. Amen.

### **Prayer Before Mass by Saint Thomas Aquinas**

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings, and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's Body and Blood and its reality and power. Kind God, may I receive the Body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you forever. Amen.

### **Prayer to Saint Joseph from the First Century**

*To make a Novena, pray once for nine consecutive days.*

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, Our Lord, so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart—embrace him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. O Saint Joseph, hear my prayers and obtain my petitions.

Pray for [State Your Request], Amen.

### **Prayer to Saint Jude, Help of the Hopeless**

*To make a Novena, pray once for nine consecutive days.*

Most holy apostle Saint Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally as the patron of difficult cases and problems almost despaired of, pray for me, for I am so helpless and alone. Intercede with God for me that he bring visible and speedy help where help is most needed. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly State Your Request, that I may praise God with you and all the saints forever. I promise, O Blessed Saint Jude, to be ever mindful of this great favor granted me by God and to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen.

### **Miracle Prayer to Saint Anthony of Padua**

*To make a Novena, pray once for nine consecutive days.*

O Holy Saint Anthony, gentlest of saints, your love for God and charity for his creatures made you worthy to possess miraculous powers on earth. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me [State Your Request.] The answer to my prayer may require a miracle, even so, you are the saint of miracles. O gentle and loving Saint Anthony, whose heart was ever full of human sympathy, the ear of the sweet infant Jesus, who loved to be folded in your arms, and the gratitude of my heart will ever be yours. Amen.

### **Prayer to Saint Thérèse of Lisieux**

To make a Novena, pray once for nine consecutive days.

O Little Thérèse of the Child Jesus, please pick a rose for me from the heavenly garden and send it to me as a message of love. O Little Flower of Jesus, ask God today to grant the favors I now place with confidence in your hands [State Your Request.] Saint Thérèse, help me to always believe as you did in God's great love for me so that I might imitate your Little Way each day. Amen.

### **Prayer of Saint 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.