

# ***Appendix A: Prayers***

## **Prayers**

For purposes of unity throughout the diocese the following versions of prayers are recommended; *however, acceptable variations may be used at the discretion of the pastor.*

### **Sign of the Cross**

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

### **The Lord's Prayer "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.

### **Glory Be**

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.

### **Angel of God "Prayer to Guardian Angel"**

Angel of God, my guardian dear, to whom God's love entrusts me here;  
ever this day be at my side, to light and guard, to rule and guide. 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.

### **Grace After Meals**

We give Thee thanks, Almighty God, for all thy **benefits**, which we have received from Thy bounty.  
Through Christ our Lord. Amen.

**Act of Contrition from Rite of Penance, par. 45**

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. Amen.

**Nicene Creed**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages. God from God, Light from Light,  
true God from true God, begotten, not made,  
consubstantial with the Father; through him all things were made.  
For us men and for our salvation he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on  
the third day in accordance with 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,  
who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. 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 and 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 is seated at the right hand of God the Father Almighty;  
from there 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.

**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, died for our sins,  
and that He will come again 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.

**Act of Hope**

O my God, relying on Your infinite mercy 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.

**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 my love.  
I love my neighbor as myself for love of You.  
I forgive all who have injured me, and ask pardon of all whom I have injured.

**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.  
I offer them for all the intentions of Your Sacred Heart:  
the salvation of souls, the reparation for sin, the reunion of all Christians.  
I offer them for the intentions of our Bishops, and all Apostles of Prayer, and in particular for those  
recommended by our Holy Father this month. Amen.

**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 thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

**Angelus “Angel of the Lord”**

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. (genuflect) And the Word was made flesh.

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.

All: 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 Caeli “Queen of Heaven”**

V. Queen of heaven, rejoice! Alleluia.

R. For He whom you did merit to bear. Alleluia.

V. Has risen, as he said. Alleluia.

R. Pray for us to God. Alleluia.

V. Rejoice and be glad, O Virgin Mary. Alleluia.

R. For the Lord is truly risen. Alleluia.

V. Let us pray:

All: O God, who gave joy to the world through the resurrection of Your Son our Lord Jesus Christ, grant, we beseech you, 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.

**Magnificat Luke 1:46-55**

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 mighty 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.

**Hail Holy Queen**

Hail, Holy Queen, Mother of Mercy, **hail** 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, O 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.

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

**Come Holy Spirit**

V. Come, Holy Spirit. Fill the hearts of **your** faithful.  
R. And kindle in them the fire of Your love.  
V. Send forth Your spirit and they shall be created.  
R. And You shall renew the face of the earth. Amen.

**Prayer to St. Michael the Archangel**

St. Michael the Archangel, defend us in battle.  
Be our safeguard 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 other evil spirits who prowl through the world seeking the ruin of souls. Amen.

**Rosary**

1. Sign of the Cross
2. Apostles' Creed
3. Our Father
4. Three Hail Marys
5. Glory Be
6. For each decade: announce the mystery, Our Father, 10 Hail Marys, Glory Be, and Fatima Prayer.
7. After the Rosary: Hail Holy Queen and Prayer after Rosary

**Fatima Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls into heaven, especially those who have most need of Thy mercy. Amen.

**Prayer after Rosary**

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

**Rosary Mysteries**

**Joyful Mysteries** (Mondays and Saturdays; Sundays during Christmas)

1. Annunciation
2. Visitation
3. Nativity (Birth) of Jesus
4. Presentation of Jesus in the Temple
5. Finding of Jesus in the Temple

**Luminous Mysteries** (Thursdays)

1. Baptism of Our Lord
2. Wedding at Cana
3. Proclamation of the Kingdom and forgiveness of sins
4. Transfiguration
5. Institution of the Eucharist

**Sorrowful Mysteries** (Tuesdays and Fridays; Sundays during Lent)

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. Crucifixion and Death of Jesus

**Glorious Mysteries** (Wednesdays and **Sundays**)

1. Resurrection of Jesus
2. Ascension of Jesus into Heaven
3. Descent of the Holy Spirit upon the Apostles and Mary
4. Assumption of Mary into Heaven
5. Crowning of Mary as Queen of Heaven and Earth

**Stations of the Cross:** Meditations on the Suffering and Death of Jesus

1. Jesus is condemned to carry the cross.
2. Jesus accepts the cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful Mother.
5. Simon of Cyrene helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.

