

---

---

## COMMON CATHOLIC PRAYERS

---

---

### SIGN OF THE CROSS

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

### THE 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.

### THE HAIL MARY

Hail Mary, full of grace, the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, mother of God,  
pray for us sinners  
now and at the hour of our death.  
Amen.

### THE GLORY BE (THE DOXOLOGY)

Glory be to the Father, the Son, and the Holy Spirit;  
as it was in the beginning, is now, and ever shall be,  
world without end.  
Amen.

### GRACE BEFORE MEALS

Bless us, O Lord, and these your gifts,  
which we are about to receive from your bounty,

through Christ our Lord.

Amen.

### **GRACE AFTER MEALS**

We give you thanks for all your benefits, O Almighty God, who lives and reigns, world without end. Amen.

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

### **ANIMA CHRISTI**

Soul of Christ, sanctify me,  
Body of Christ, save me,  
Blood of Christ, inebriate me,  
Water from the side of Christ, wash me,  
Passion of Christ, strengthen me,  
O good Jesus, hear me.  
Hide me within your wounds,  
keep me close to you,  
defend me from the evil enemy,  
call me at the hour of my death,  
and bid me to come to you,  
to praise you with your saints,  
forever and ever. Amen.

### **THE HAIL HOLY QUEENS (SALVE REGINA)**

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve;  
to you 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.

### **REGINA CAELI**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia,  
has risen as he said, alleluia.  
Pray for us to God, alleluia.

**V.** Rejoice and be glad, O Virgin Mary, alleluia.

**R.** For the Lord has truly risen, alleluia.

Let us pray.

O God, who have been pleased to gladden the world by the Resurrection of your Son our Lord Jesus Christ, grant, we pray, that through his mother, the Virgin Mary, we may receive the joys of everlasting life.

Through Christ our Lord. Amen.

### **MEMORARE**

Remember, O most gracious Virgin Mary,  
that never was it known  
that any one 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 my 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 them. Amen.

### **THE ANGELUS**

V- The Angel of the Lord declared unto Mary.

R- And she conceived by the Holy Spirit. (Hail Mary....)

V- Behold the handmaid of the Lord.

R- Be it done unto me according to your word. (Hail Mary....)

V- 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: Pour forth, we beseech you, O Lord, your grace into our hearts; that, we to whom the Incarnation of Christ, your 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.

### **ACT OF CONTRITION**

O my God, I am heartfully sorry for having offended you, and I detest all my sins because of your just punishment, but most of all because I have offended you my God, who is 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. Amen.

### **PRAYER TO THE HOLY SPIRIT**

#### **Come, Holy Spirit**

Come, O 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 gift of the same Spirit we may be always truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.

### **PRAYER OF SURRENDER**

Lord Jesus Christ, take all my freedom, my understanding, and my will. All that I have and cherish you have given to me. I surrender it all to be guided by your will. Your love and your grace are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more. 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 human 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.

## **DIVINE PRAISES**

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true human.

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.

## **TANTUM ERGO**

Down in adoration falling,

Lo! the sacred Host we hail;

Lo! o'er ancient forms departing,

Newer rites of grace prevail;

Faith for all defects supplying,

Where the feeble senses fail.

To the everlasting Father,

And the Son who reigns on high,

With the Holy Spirit proceeding

Forth from each eternally,

Be salvation, honor, blessing,

Might and endless majesty. Amen.

**V.** You have given them bread from heaven,

**R.** Having all delight within it.

Let us pray.

O God, who in this wonderful Sacrament

left us a memorial of your Passion:

grant, we implore you,

that we may so venerate

the sacred mysteries of your Body and Blood,

as always to be conscious of the fruit of your Redemption.

You who live and reign forever and ever. Amen.

## **PRAYER TO OUR LORD JESUS CHRIST CRUCIFIED**

Behold, O good and loving Jesus,  
that I cast myself on my knees before you  
and, with the greatest fervor of spirit,  
I pray and beseech you to instill into my heart  
ardent sentiments of faith, hope and charity,  
with true repentance for my sins  
and a most firm purpose of amendment.  
With deep affection and sorrow  
I ponder intimately  
and contemplate in my mind your five wounds,  
having before my eyes what the prophet David  
had already put in your mouth about yourself, O good Jesus:  
*They have pierced my hands and my feet;  
they have numbered all my bones (Ps 22:17-18).*