

APPENDIX B: PRAYERS

The 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 Apostles' Creed

I believe in God, the Father Almighty,
creator of heaven and earth.
I believe in Jesus Christ,
His only Son, our Lord.
He was conceived by the power of the Holy
Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell.
On the third day He rose again.
He ascended into heaven
and is seated at the right
hand of God the Father Almighty.
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.

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 to the Father

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 Rosary

The Joyful Mysteries

(recited Monday and Saturday)

The Annunciation
The Visitation
The Nativity
The Presentation
The Finding in the Temple

The Mysteries of Light

(recited Thursday)

The Baptism of Jesus
The Wedding Feast of Cana
The Proclamation of the Kingdom
The Transfiguration
The Institution of the Eucharist

The Sorrowful Mysteries

(recited Tuesday and Friday)

The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Crucifixion

The Glorious Mysteries

(recited Wednesday and Sunday)

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption
The Coronation of Mary as Queen
of Heaven and Earth

Hail, Holy Queen

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 valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. *Pray for us, O holy Mother of God.*

R. *That we may be made worthy of the promises of Christ.*

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, for all thy benefits, Almighty God, who live and reign for ever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Act of Contrition

Oh 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.

Morning Offering

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

The Angelus

L. The angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.

Hail Mary

L. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.

Hail Mary....

L. And the Word was made flesh,
R. And dwelt among us.

Hail Mary

L. 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 Thee, O Lord, Thy 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.

Regina Caeli

Queen of heaven, rejoice, alleluia.
The Son whom you merited to bear, alleluia,
has risen as He said, alleluia.
Rejoice and be glad, O Virgin Mary, alleluia!
For the Lord has truly risen, alleluia.

Let us pray:

O God, who through the resurrection of Your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. 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.

Prayer to the Holy Spirit

V. Come, Holy Spirit, fill the hearts of Your faithful.
R. And enkindle 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.

Let us pray:

O God, by the light of the Holy Spirit You have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in Your consolation. We ask this through Christ, Our Lord. Amen.

Prayer of St. Francis

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;
and where there is sadness, joy.
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.

■ *St. Francis of Assisi*

Prayer for the Faithful Departed

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

The Stations of the Cross

We adore You, O Christ, and we praise You, because by Your holy Cross You have redeemed the world.

1. Jesus is condemned to death.
2. Jesus carries his Cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Jesus is helped by Simon of Cyrene.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets 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.

The Magnificat

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.
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

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

Prayer to St. Michael

St. 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 hosts, by the power of God, cast into
hell satan and all the evil spirits who prowl
about the world seeking the ruin of souls.
Amen.