

## 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;

where there is sadness, joy.

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, it is in dying that we are born to eternal life.

## The Jesus Prayer

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

## Divine Praises (Prayer before the Blessed Sacrament)

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.

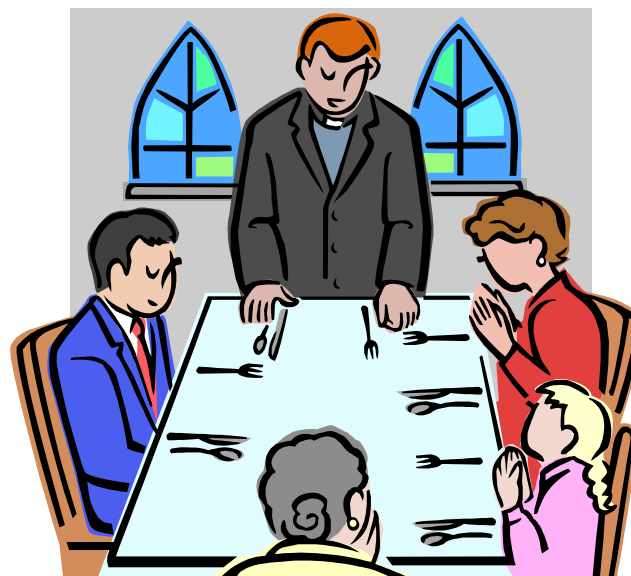
Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

**\*Prayers to “learn by heart”**



## Family Prayers



**“Lord, teach us to pray...”**

(Luke 11:1)

## \*Sign of the Cross

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

## \*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.

## \*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.

## \*Morning Prayer

My God, I offer you today all I think and do and say,  
uniting it with what was done on earth, by Jesus Christ, your Son.  
Amen.  
(Ages 3-8)

## \*Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all my  
prayers, works, joys, and sufferings of this day, in union with the most  
Holy Sacrifice of the Mass throughout the world, in reparation for my  
sins, for the intentions of all, and in particular for the Holy Father's  
intentions. (Ages 10 and up)



## 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. Pray for us, O Holy  
Mother of God. That we may be made worthy of the promises of  
Christ. Amen.

## Stations of the Cross

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
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 laid in the tomb.



- The Carrying of the Cross (John 19:17)
- The Crucifixion (John 19:28-30)

### **Glorious Mysteries** (Wednesday and Sunday)

- The Resurrection of Jesus (Mark 16:6-8)
- The Ascension of Jesus into heaven (Acts 1:10-11)
- The Descent of the Holy Spirit on the Apostles (Acts 2:1-4)
- The Assumption of Mary into heaven
- The Crowning of Mary as queen of heaven



### **Act of Faith**

My God, I firmly believe you are one God in three Divine Persons, Father, Son, and Holy Spirit. I believe in Jesus Christ, your son, who became man died for our sins, and who 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 can neither deceive nor be deceived. Amen.

### **Act of Hope**

O my God, trusting in your infinite goodness and promise, 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. Amen.

### **Act of Love**

My God, O 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 I ask pardon of all whom I have injured. 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 unaided. Inspired by this confidence, we fly unto you, O virgin of virgins, our mother. To you do we come, before you we stand, sinful and sorrowful. O mother of the Word Incarnate, despise not our petitions, but in your mercy, hear and answer us. Amen.

### **\*Evening Prayer**

O Lord, support us all the day long, until the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then, Lord, in your mercy grant us a safe lodging, and a holy rest, and peace at last, through Jesus Christ our Lord. 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, almighty God, for these and all your gifts, which we have received through Christ our Lord. Amen.

### **\*Prayer to 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 and guard, to rule and guide. Amen.

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

Come, Holy Spirit, fill the hearts of your faithful. Enkindle in them the fire of your love. Send forth your Spirit, and they will be created. Let us pray: Lord, by the light of the Holy Spirit, you have taught the hearts of the faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### **\*Act of Contrition**

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.



## \*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 to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. 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 life everlasting. Amen.

## Nicene Creed

I believe in one God, the Father, the 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 to the resurrection of the dead, and the life of the world to come. Amen.



## Angelus

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 your word.

Hail Mary...

And the Word was made flesh,  
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 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 angel may, by his passion and cross, be brought to the glory of his resurrection, through Christ Our Lord. Amen.

## Regina Coeli (replaces Angelus in Eastertime)

Queen of heaven, rejoice, alleluia.

For he whom you were worthy to bear, alleluia.

Has risen as he said, alleluia.

Pray for us to God, alleluia.

Because the Lord is truly risen, Alleluia.

Let us pray: O God, who by the resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world; grant, we beg you, that through the intercession of the Virgin Mary, his mother, we may lay hold of the joys of eternal life. Through the same Christ our Lord. Amen.

## The Rosary

### Joyful Mysteries (Monday and Saturday)

- The Annunciation (Luke 1:30-33)
- The Visitation (Luke 1:50-53)
- The Birth of Our Lord (Luke 2:10-11)
- Presentation of Jesus in the Temple (Luke 2:29-32)
- The Finding of Jesus in the Temple (Luke 2:48-52)

### Luminous Mysteries (Thursday)

- The Baptism of Jesus in the River Jordan (Matthew 3: 13-17)
- The Wedding Feast at Cana (John 2:1-12)
- The Proclamation of the Kingdom of God (Matthew 3-7)
- The Transfiguration of Jesus (Matthew 17:1-8)
- The Institution of the Eucharist (Luke 22:14-20)

### Sorrowful Mysteries (Tuesday and Friday)

- The Agony of Jesus in the Garden (Matthew 26:38-39)
- The Scourging at the Pillar (John 19:1)
- The Crowning of Thorns (Mark 15:16-17)