

Faith Formation Suggested Prayers

This section includes some of the most familiar prayers of the Catholic tradition. These prayers have nurtured the faithful for generations, yet they still speak to us. *Some of these prayers you may wish to learn "by heart" so that they become part of your daily living.* Other prayers may be less familiar. These open for new generations the treasures of the Church's rich tradition of prayer.
- from *Catholic Household Blessings and Prayers*

The 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,
who art in heaven,
hallowed by 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.

Prayer to your 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.

A Morning Offering

My God, I offer you today
all that I think and do and say,
uniting it with what was done
on earth by Jesus Christ,
your Son. 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;
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 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 almighty,
maker of heaven and earth,
of all things visible and invisible.
And 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.
And 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.
And 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

An 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.

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.

Angelus

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

Hail Mary...

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.

Anima Christi

Soul of Christ, be my sanctification.
Body of Christ, be my salvation.
Blood of Christ, fill all my veins.
Water of Christ's side, wash out my stains.
Passion of Christ, my comfort be.
O good Jesu, listen to me.
In Thy wounds I fain would hide,
Ne'er to be parted from Thy side,
Guard me, should the foe assail me.
Call me when my life shall fail me.
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end. Amen.

Divine Praises

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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

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 our exile
show unto us the blessed fruit of thy womb,
Jesus.
O clement, O loving,
O sweet Virgin Mary.

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.

Chaplet of the Divine Mercy

<https://www.usccb.org/prayers/chaplet-divine-mercy>

O Sacrum Convivium

O sacred banquet,
in which Christ is received,
the memory of his Passion is renewed,
the mind is filled with grace,
and a pledge of future glory is given to us.

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.

<https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/basic-prayers>