

Common Catholic Prayers

Sign of the Cross

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

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.

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; the third day he rose again from the dead; he ascended into heaven and is seated at the right hand of the Father; from thence he shall 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.

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.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our light, 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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us and after this, our 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.

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 with this confidence, we turn to thee, O Virgin of virgins, our Mother. To thee we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, do not despise our petitions, but in thy mercy hear and answer us. Amen.

The Angelus

The angel of the Lord declared unto Mary.

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

Behold the handmaid of the Lord.

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

And the Word was made flesh.

R. And dwelt among us. (Hail Mary ...)

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, 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.

Act of Spiritual Communion

(Especially good for those who, for whatever reason, cannot receive the Eucharist).

Oh my Jesus, I believe that you are truly present in the Most Holy Sacrament. I love you above all things, and fervently desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Prayer before meals

Bless us O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, our Lord. Amen.

Prayer to Our 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.

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, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month.

Evening prayer

O my God, at the end of this day I thank you most heartily for all the graces I have received from you. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against you. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear guardian angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners, and save them from hell. Have mercy on the suffering souls in purgatory.

Generally, this evening prayer is followed by an act of contrition, which is usually said in conjunction with an examination of conscience. A daily examination of conscience consists of a brief recounting of our actions during the day. What sins did we commit? Where did we fail? In what areas of our lives can we strive to make virtuous progress? Having determined our failures and sins, we make an act of contrition.

Act of Contrition

(Also said following one's confession)

O my God, I am heartily sorry for having offended thee and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life.

Prayer to Saint Michael the Archangel

(Traditionally prayed immediately after Mass)

St. Michael the Archangel, defend us in battle; be our defense 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, thrust into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.