

Everyday Catholic Prayers

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At its most personal, private prayer is spontaneous. Really prayerful people, however, have always found traditional prayer forms to be extremely helpful. For that reason, this pamphlet offers some of the most-loved prayers in the Catholic tradition . . . some of the most personal words in the love affair between God and his people.



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*A Redemptorist
Pastoral Publication*

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Introductory Note

According to an ancient definition, prayer is “keeping company with God.” Prayer is *you* relating to God in the deepest recesses of your personality. It is you seeking and communing with the living God — responding to him as he has made himself known to you through the teachings of the Church.

As intimately personal as it is, prayer makes use of word-formulas. Liturgical prayer — the official community prayer of the Church — uses approved formulas. So does unofficial group prayer. Even in solitary private prayer, traditional formulas can be of great help.

At its most personal, private prayer is spontaneous or impromptu — and

sometimes even wordless. Nonetheless, people who pray constantly find formulas to be practical helps for breaking into prayer and expressing the faith they share with the People of God. For this reason, some of the most loved, time-approved formulas of Catholic devotion are offered here — prayers which express the whole range of prayerful attitudes: adoration, thanksgiving, petition, and atonement.

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.
(Said at the beginning and end of prayers.)

Prayer of Praise

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.

Our Father (Lord's Prayer)

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.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.

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.

Morning Offering

Most holy and adorable Trinity, one God in three Persons, I praise you and give you thanks for all the favors you have bestowed on me. Your goodness has preserved me until now. I offer you my whole being and in particular all my thoughts, words and deeds, together with all the trials I may undergo this

day. Give them your blessing. May your divine love animate them and may they serve your greater glory.

I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy Sacrifice of the Mass, and in union with Mary, his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord.

or

Almighty God, I thank you for your past blessings. Today, I offer myself — whatever I do, say or think — to your loving care. Continue to bless me, Lord.

I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy Sacrifice of the Mass, and in union with Mary, his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord.

The following acts of faith, hope, love, and contrition serve well for morning and night prayers.

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 revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, 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.

Act of Love

O my God, I 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 the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Act of Contrition

a) 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.

or

b) O my God, I am sorry for my sins because I have offended you. I know

I should love you above all things.
Help me to do penance, to do better,
and to avoid anything that might lead
me to sin. Amen.

or

- c) Any spontaneous prayer that tells
God you are sorry, that you will
mend your ways and avoid what
leads to sin is a good act of
contrition.

Come, Holy Spirit
(Prayer for Guidance)

Come, Holy Spirit.

Response: Fill the hearts of your
faithful and make the fire of your love
burn within them.

Send forth your spirit and there shall be
another creation.

Response: And you shall renew the
face of the earth.

Let us pray. O God, you have in-

structed the hearts of the faithful by the
light of the Holy Spirit. Grant that
through the same Holy Spirit we may
always be truly wise and rejoice in his
consolation. Through Christ our Lord.
Amen.

Angelus

The angel of the Lord declared unto
Mary.

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

Behold the handmaid of the Lord.

Response: May it be done unto me
according to your word. (Hail Mary)

And the Word was made flesh.

Response: And dwelt among us. (Hail
Mary)

Pray for us, O Holy Mother of God.

Response: That we may be made
worthy of the promises of Christ.

Let us pray. O Lord, it was through the
message of an angel that we learned of

the incarnation of Christ, your Son. Pour your grace into our hearts, and by his Passion and Cross bring us to the glory of his Resurrection. Through Christ, our Lord. Amen.

Queen of Heaven

(Prayer at Eastertime instead of Angelus)

Queen of heaven, rejoice, Alleluia.

Response: The Son whom you were privileged to bear, Alleluia, has risen as he said, Alleluia.

Pray to God for us, Alleluia. Rejoice and be glad, Virgin Mary, Alleluia.

Response: For the Lord has truly risen, Alleluia.

Let us pray. O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of

eternal life. Through Christ, our Lord. Amen.

Grace before and Thanksgiving after Meals

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

We give thanks for all your benefits, almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen. *(Spontaneous prayers may also be used at mealtime.)*

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 with this confidence, I fly to you, O

virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.

Prayer for Vocations

Jesus, High Priest and Redeemer forever, we beg you to call young men and women to your service as priests and religious. May they be inspired by the lives of dedicated priests, Brothers, and Sisters. Give to parents the grace of generosity and trust toward you and their children so that their sons and daughters may be helped to choose their vocations in life with wisdom and freedom.

Lord, you told us that "the harvest indeed is great but the laborers are few. Pray, therefore, the Lord of the harvest to send laborers into his harvest." We

ask that we may know and follow the vocation to which you have called us. We pray particularly for those called to serve as priests, Brothers, and Sisters; those whom you have called, those you are calling now, and those you will call in the future. May they be open and responsive to the call of serving your people. We ask this through Christ, our Lord. Amen.

Prayer to Jesus Christ Crucified

Behold, my beloved and good Jesus, I cast myself upon my knees in your sight, and with the most fervent desire of my soul I pray and beseech you to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins and a most firm desire of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate your five most precious

wounds, having before my eyes that which David the prophet long ago spoke about you, my Jesus: "They have pierced my hands and my feet; I can count all my bones" (Ps 22:17-18).

Mary's Rosary

The complete rosary is composed of fifteen decades, but it is divided into three distinct parts, each containing five decades. The first part consists of five joyful events in the life of Jesus and Mary, the second part recalls five sorrowful events, and the third part considers five glorious events.

We begin by making the sign of the cross.

Then we say "The Apostles' Creed," one "Our Father," three "Hail Marys" and one "Glory Be to the Father" on the small chain.

Then the following: Recall the event, say one "Our Father," ten "Hail

Marys" and one "Glory Be to the Father." This completes one decade, and all the other decades are said in the same manner with a different event meditated during each decade. At the end of the rosary, the "Hail, Holy Queen" may be recited.

The events (mysteries) of the rosary are scenes from the life of Jesus and Mary. By meditating on these sublime truths we come to a better understanding of our religion: the Incarnation of the Lord, the Redemption, and the Christian life, present and future.

In the following outline the words in parentheses indicate practical applications to our daily lives.

The Joyful Mysteries

1. The messenger of God announces to Mary that she is to be the Mother of God. (Humility)

2. Mary visits and helps her cousin Elizabeth. (Love of Neighbor)
3. Mary gives birth to Jesus in a stable in Bethlehem. (Spirit of Poverty)
4. Jesus is presented in the Temple. (Obedience to God's Will)
5. Jesus is found in the Temple. (Fidelity to Vocation)

The Sorrowful Mysteries

1. Jesus undergoes his agony in the Garden of Gethsemane. (Spirit of Prayer)
2. Jesus is scourged at the pillar. (Modesty and Purity)
3. Jesus is crowned with thorns. (Courage)
4. Jesus carries the cross to Calvary. (Patience in Suffering)
5. Jesus dies on the cross for our sins. (Self-denial)

The Glorious Mysteries

1. Jesus rises from the dead. (Faith)

2. Jesus ascends into heaven. (Hope)
3. The Holy Spirit comes to the apostles and the Blessed Mother. (Wisdom, Love, Zeal, Fortitude)
4. The Mother of Jesus is taken into heaven. (Eternal Happiness)
5. Mary is crowned queen of heaven and earth. (Devotion to Mary and Final Perseverance)

Hail, Holy Queen

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, O 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.

Response: That we may be made worthy of the promises of Christ.

Let us pray. O God, whose only begotten Son, by his life, death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

Prayer to Our Redeemer

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. Never permit me to be separated from you. From the

evil one protect me, at the hour of death call me, and bid me come to you that with your saints I may praise you forever. Amen.

Stations of the Cross (Meditations on the Suffering and Death of Jesus)

1. Jesus is condemned to death on the cross.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful Mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to 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
and laid in his Mother's arms.
14. Jesus is placed in the tomb.
(15.) Jesus rises from the dead.
*(At each Station, contemplate the
scene and pray a brief, heartfelt
prayer.)*

Prayer to Your Guardian Angel

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

Prayer for the Faithful Departed

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

Magnificat

My soul magnifies the Lord,
and my spirit rejoices in God my
Savior;
Because he has regarded the lowliness
of his handmaid;
for, behold, henceforth all genera-
tions shall call me blessed;
Because he who is mighty has done
great things for me,
and holy is his name;
And his mercy is from generation to
generation on those who fear him.
He has shown might with his arm,
he has scattered the proud in the
conceit of their heart.
He has put down the mighty from their
thrones,
and has exalted the lowly.
He has filled the hungry with good
things,
and the rich he has sent away empty.

He has given help to Israel, his servant,
mindful of his mercy —

Even as he spoke to our fathers —
to Abraham and to his posterity
forever.

Prayer of St. Francis of Assisi

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.

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