

**PRAY!**

- Pray Always!
- Pray Often!
- Pray in Different Ways!
- Pray for Any Reason!
- Pray Just Because!



**INSIDE YOU  
WILL FIND:**

Sign of the Cross	2
Act of Contrition	2
Glory Be	2
Grace Before	2
Grace After Meals	2
The Lord's Prayer	3
Hail Mary	3
Rosary	3
Hail, Holy Queen	4
Apostles Creed	4
Nicene Creed	4

# Our Catholic Prayers

## Ever wondered what is prayer?

### A definition of prayer:

It is the fuel, energy and sustaining force that inspires and allows us to experience true joy and confront more difficult challenges. "I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me, you can do nothing." **(John 15:5)**

Simply said praying or prayer is a conversation with God. Prayer comes from the heart, and does not always need to be memorized!

## Why pray?

We pray for so many reasons when we are happy, sad or feeling sick; to show faith, for confession of sin and help for others; in need of guidance, strength, wisdom and protection.

"Are anyone among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another so that you may be healed. The prayer of a righteous is powerful and effective." **(James 5:13-16)**

## Learning Our Catholic Prayers

On the following pages are the traditional Catholic prayers to guide your family in your journey of faith. As a family, become familiar with these traditional Catholic prayers, and use them regularly, knowing that your prayers are joined by Catholics around the world and over the centuries who have prayed or are praying the same words.

"Rejoice in hope, be patient in suffering, persevere in prayer." **(Romans 12:12)**



## The 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 the Son  
and the Holy Spirit.  
As it was in the beginning is now and  
ever shall be world without end.  
Amen.

Did you know that  
the prayer of praise  
to the Trinity of God  
has been prayed since  
the 7th century.

*The Act of  
Contrition  
expresses to God  
the sorrow one  
feels and the  
willingness to  
avoid sin in the  
future.*



## 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.**

### 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 all these and all your  
gifts which we have received  
through Christ our lord. 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.



*Jesus gave us The Lord's Prayer; "Lord teach us to pray as John taught his disciples." He said to them, "when you pray say: Father, hallowed be your name..."(Luke 11:1-4)*

## The 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. Amen

## The Rosary

The rosary is made up of groups of beads arranged in a circle. It begins with a cross followed by one large bead and three small ones. The next large bead (just before the medal) begins the first "decade". Each decade consists of one large bead followed by ten smaller beads.

Begin the rosary with the Sign of the Cross. Still holding the Cross, say the Apostles' Creed. On the first large bead after the

Cross pray one Our Father, three Hail Marys, and one Glory Be.

Pray each decade, say an Our Father on the large bead and a Hail Mary on each of the ten smaller beads. Close each decade by praying Glory Be. There are five decades for each Mystery. After each Mystery recite:

O my Jesus, forgive us our sins,  
save us from the fires of Hell;

lead all souls to Heaven especially those who are most in need of Thy Mercy.

Pray the Hail, Holy Queen as the last prayer of the rosary.

The Mysteries of the rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate Joyful Mystery, Sorrowful Mystery, Glorious Mystery, or Mystery of Light.

### The Five Joyful Mysteries:

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. Finding of Jesus in the Temple

### The Five Glorious Mysteries:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven

### The Five Sorrowful Mysteries:

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying the Cross
5. The Crucifixion and Death of Jesus

### The Five Mysteries of Light:

1. Jesus' baptism in Jordan
2. The Miracle at the Wedding of Cana
3. Jesus announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist



## Hail, Holy Queen

Hail, holy Queen, mother of mercy,  
 hail, our life, our sweetness and our hope.  
 To thee do we cry, the children of Eve;  
 to you we send up our sighs,  
 mourning and weeping in this land of exile.  
 Turn then, most gracious advocate,  
 your eyes of mercy toward us,  
 lead us home at last and show us  
 the blessed fruit of thy womb, Jesus:  
 O merciful, O loving, O sweet Virgin Mary.  
 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 Holy Spirit  
 and born of the Virgin Mary.  
 He suffered 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 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.

Pray, it's the road to  
 happiness!

## Nicene Creed

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