

# Basic Catholic Prayers

## The Sign of the Cross

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

## The 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.

## The 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.

## The 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.

## The 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.

## The Rosary

The rosary consists of twenty decades. Each decade focuses upon a particular mystery in the life of Christ, Mary, and the Church. It is customary to say five decades at a time, while meditating upon one set of mysteries. Begin the Rosary with the Apostles Creed followed by the Our Father, three Hail Marys and the Glory Be. Then enter into the first Mystery. With each decade, begin on the large bead with the Our Father. Pray ten Hail Marys. End with the Glory Be. Pause for a moment before going on to the next decade. As you pray each decade, meditate at the back of your mind on these Mysteries and allow the Holy Spirit to lead you to deeper insights into your faith.

## Joyful Mysteries

The Annunciation  
The Visitation  
The Birth of our Lord  
The Presentation of our Lord  
The Finding of our Lord in the Temple

## The Luminous Mysteries

The Baptism in the Jordan  
The Wedding at Cana  
The Proclamation of the Kingdom  
The Transfiguration  
The Institution of the Eucharist

## Sorrowful Mysteries

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion and Death of our Lord

## Glorious Mysteries

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
The Assumption of our Blessed Mother into Heaven  
The Coronation of Mary as Queen of Heaven and Earth

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## 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.

Pray for us, O holy Mother of God. 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.

## 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.

## Evening Offering

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 for the times that I did not make 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. Dear Mary, my heavenly mother, take me under your protection. Dear St. Joseph pray for me. Jesus, my friend and companion, thank you for your sacrifice and for making me strong in my faith. Please give me a peaceful night of rest. Amen.

## The Angelus

Traditionally prayed at the noon hour, this prayer can be recited in common individually. It is presented here in its original verse form.

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 thy word.

(Hail Mary ...)

And the Word was made flesh.

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.

## 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 good of my family and the good of my friends. Please be with me today and protect me forever. Amen.