

Prayers Every Catholic Should Know

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

Amen

The word Amen is added at the end of prayers. It is a Hebrew word translated as "So be it." It is used in prayer, to express personal assent and agreement of heart and soul.

Sign of the Cross

One marks oneself with the cross to show faith in Christ's redeeming work. A cross is described on the body by the right hand moving from the forehead to the breast and then to the left shoulder, then, the right shoulder. While tracing the Sign of the Cross, one says: "In the name of the Father, and the Son, and of the Holy Spirit." This formula, which recalls the words of Christ sending His apostles to teach and baptize, express here an act of faith in the Blessed Trinity.

Glory to the Father

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

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

The Rosary

The Rosary is a popular form of prayer that combines meditation on the mysteries of faith with the recitation of vocal prayers. A “decade” of the rosary corresponds to each of the twenty mysteries commemorated in the Rosary. Ten Hail Mary’s are said for each decade, they are preceded by one Our Father and followed by a Glory to the Father. While reciting a decade of the Rosary, one is to meditate on the particular mystery for that decade and on its meaning for our life. The Rosary is now divided into four parts: the joyful mysteries, the sorrowful mysteries, the glorious mysteries, and the mysteries of light. To “say a Rosary”, usually means to pray five mysteries. Commonly, the Rosary begins with the recitation of the Apostles’ Creed, an Our Father, and Three Hail Mary’s.

The Joyful Mysteries

- 1) The Annunciation- by the angel that Mary is to be Mother of God
- 2) The Visitation- of Mary to Elizabeth
- 3) The Nativity- birth of our Lord
- 4) The Presentation- of Jesus in the Temple
- 5) The Finding of Jesus in the Temple- at twelve

The Sorrowful Mysteries

- 1) The Agony in the Garden
- 2) The Scourging of Jesus
- 3) The Crowning of Thorns
- 4) Jesus Carries the Cross
- 5) The Crucifixion

The Glorious Mysteries

- 1) The Resurrection
- 2) The Ascension- of our Lord into Heaven
- 3) The Descent of the Holy Spirit
- 4) The Assumption of Mary
- 5) The Coronation of Mary- as queen of heaven

The Mysteries of Light

- 1) Baptism of our Lord
- 2) Wedding at Cana
- 3) The Kingdom of God is Proclaimed
- 4) The Transfiguration
- 5) Institution of the Eucharist

The Apostle's 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

Grace at Meals

Before meals:

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

After meals:

We give you thanks almighty God, for these and all the gifts which we have received from Your goodness, through Christ our Lord. Amen

Act of Contrition: recited often, particularly in confession and before bed

O my God, I am heartily sorry for having offended You, 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 you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen