

(Parents can introduce the first section of prayers to their children as early as two years of age.)

The 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.

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 death. Amen.

Prayer to My 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, rule and guide. 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.

Grace 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 After Meals

We give Thee thanks for all Thy benefits, Almighty God, who lives and reigns world without end. Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

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(Children age 9 and older should learn these prayers.)

### **Hail Holy Queen (Salve Regina)**

Hail, Holy Queen, Mother of Mercy.  
Hail our life, our sweetness and our hope!  
To You do we cry, poor banished children of Eve!  
To You do we send up our sighs; mourning and weeping in this vale of tears!  
Turn, 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!

### **Prayer to St. Michael**

Saint Michael the Archangel,  
Defend us in battle  
Be our protection 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 evil spirits  
Who wander through the world for the ruin of souls. Amen

### **Prayer Before the Crucifix**

Look down upon me, good and gentle Jesus  
while before Your face I humbly kneel and,  
with burning soul, pray and beseech You to fix deep in my heart  
lively sentiments of faith, hope, and charity;  
true contrition for my sins,  
and a firm purpose of amendment.  
While I contemplate, with great love and tender pity,  
Your five most precious wounds,  
pondering over them within me  
and calling to mind the words which David,  
Your prophet, said to You, my Jesus:  
*"They have pierced My hands and My feet,  
they have numbered all My bones."* Amen.

### **Spiritual Communion**

"O Jesus I turn toward the holy tabernacle  
where You live hidden for love of me.  
I love you, O my God.  
I cannot receive you in Holy Communion.  
Come nevertheless and visit me with Your grace.  
Come spiritually into my heart.  
Purify it. Sanctify it.  
Render it like unto Your own. Amen."  
*Lord, I am not worthy that thou shouldst enter under my roof,  
but only say the word and my soul shall be healed.*

## **Anima Christi**

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;  
Within your wounds hide me;  
separated from you, let me never be;  
From the evil one protect me;  
At the hour of my death, call me;  
And close to you bid me; That with your saints,  
I may be praising you forever and ever. Amen.

## **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,  
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 who have revealed them,  
who can neither deceive nor be deceived.

## **Act of Hope**

O my God,  
relying on your almighty power and infinite mercy 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 Charity**

O my God!  
I love Thee, with my whole heart and soul,  
and above all things,  
because Thou art infinitely good and perfect,  
and most worthy of all my love;  
and for Thy sake, I love my neighbour as myself.  
Mercifully grant, O my God!  
that having loved Thee on earth,  
I may love and enjoy Thee  
for ever in heaven. Amen.

