

## PRAYER

In the Catholic Church, Prayer and Christian life are inseparable. Prayer is the raising of one's mind and heart to God, or the requesting of good things from God. (CCC 2559). It is always the gift of God who comes to encounter man. Christian prayer is the personal and living relationship of the children of God with their Father who is infinitely good, with his son Jesus Christ, and with the Holy Spirit who dwells in their hearts. All times are good for prayer. The tradition of the Church, however, proposes to the faithful certain rhythms of praying intended to nourish continual prayer. Some are daily, such as morning and evening prayer, grace before and after meals, the liturgy of the hours, the Rosary, the Sunday Eucharist, and the feasts of the liturgical year. (Cf. CCC 2698). Prayer also can be expressed in different form – vocal or mental prayer.

### SOME COMMON TRADITIONAL PRAYERS

The Catholic Church teaches...

**In God, there is Three Divine Persons:** 1) God the Father, 2) God the Son, 3) God the Holy Spirit (Ghost).

We begin our Prayer, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

#### **Our Father (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.

#### **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.

#### **Glory be 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.

#### **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 Pontus 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.

#### **Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends and in particular for the intentions of the Holy Father. Amen.

#### **Act of Faith**

O my God, I firmly believe that you are one God, in three Divine Persons, the Father, the Son and the 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 in revealing them you can neither deceive nor be deceived. Amen

#### **Act of Hope**

O My God, relying on Thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen

### **Act of Charity**

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbour as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen

### **Act of Contrition**

O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again. Amen

### **A Longer Act of Contrition**

O my God, I am sorry and beg pardon for all my sins, and detest them above all things, because they have crucified my loving Saviour Jesus Christ, and, most of all, because they offend your infinite goodness; and I firmly resolve by the help of your grace, never to offend you again, and carefully to avoid the occasion of sin. Amen

### **Angel of God**

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.

### **Memorare (Remember)**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

### **Aspiration**

Jesus, Mary, and Joseph, I give you my heart and my soul. Jesus, Mary, and Joseph, assist me in my last agony. Jesus, Mary, and Joseph, may I die in peace, and in your blessed company. 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.

### **Prayer after Meals**

We give you thanks, O Almighty God, for all your benefits, who lives and reigns forever; and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen

### **Hail Holy Queen**

Hail, Holy Queen, Mother of mercy, hail our life, 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 valley 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. Amen.

### **Prayer of St. Michael the Archangel**

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 of St. Francis**

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; 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. Amen.

### **Consecration to the Immaculate Heart of Mary**

My Queen, my Mother! I give myself entirely to thee, and to show my devotion to thee I consecrate to thee this day, my eyes, my ears, mouth, my heart my entire self without reserve. Wherefore, good Mother, as I am thine own, keep me defend me as thy property and possession. Amen. *O Holy Mary, by thy Immaculate Conception, purify my body and sanctify my soul.*

### **Consecration to the Sacred Heart of Jesus**

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings, so that I may be unwilling to make use of any part of my being other than to honour, love and glorify the Sacred Heart. Amen.

### **Daily Consecration to the Precious Blood of Jesus**

O precious Blood of Jesus, through the Immaculate Heart of Mary, I ardently desire to consecrate myself and all the days of my life to your love and worship. I place myself and my beloved ones in a special manner under your powerful protection, begging that your benediction may ever rest upon us. O most Precious Blood, be our light in darkness, our consolation in sorrow, our passport to heaven, and the eternal object of our praise and love. Amen.

### **Prayer before the Crucifix**

Behold, O kind and most sweet Jesus, I cast myself on my knees in your sight, and with the most fervent desire of my soul I pray and implore you to impress upon my heart lively sentiments of faith, hope and charity; with true repentance for my sins and a firm purpose of amendment; while with deep affection and grief of souls, I ponder within myself and mentally contemplate your five most precious wounds, having before my eyes, that which David spoke in prophecy of you, O Good Jesus: 'They have pierced my hands and my feet, and have numbered all my bones'. Amen

### **Prayer before Confession**

Come Holy Spirit, into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. Amen

### **Prayer after Confession**

Dear Jesus, thank you for helping me to make a good Confession, and thank you for taking away my sins. Help me, dear Jesus, never to offend you again. Mary, my mother, pray to Jesus for me. My dear angel guardian, help me. Amen

### **Prayer before Communion**

O my God, help me to make a good Communion. Mary, my mother, pray to Jesus for me. All you holy Angels and saints, pray for me. My dear Angel Guardian, lead me to the altar of God. Amen

### **Prayer after Communion**

Gracious Lord, may all that I do be rooted in and flow out of the great praise and thanksgiving that is the Eucharist. Renewed each time I do so, may I be sustained in my life as a disciple – to announce your Gospel and to glorify you, Lord, by the way I live my life. Through Christ our Lord. Amen

### **Prayer to Jesus in the Most Blessed Sacrament**

I place myself in the presence of Him, in whose Incarnate Presence I am before I place myself there. I adore Thee, O my Saviour, present here as God and man, in soul and body, in true flesh and blood. I acknowledge and confess that I kneel before that Sacred Humanity, which was conceived in Mary's womb, and lay in Mary's bosom; which grew up to man's estate, and by the Sea of Galilee called the Twelve, wrought miracles, and spoke words of wisdom and peace; which in due season hung on the cross, lay in the tomb, rose from the dead and now reigns in heaven. I praise, and bless, and give myself wholly to Him, who is the true Bread of my soul and my everlasting joy. Amen.

### **An Act of Spiritual Communion**

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen

### **Prayer for Vocations to the Priesthood** (*Shrewsbury Diocese*)

Eternal Father, we thank you for every priest who has faithfully given his life for the salvation of his brothers and sisters. We give thanks for those priests who have brought to us your Word of truth, the grace of the Sacraments and, above all, the supreme gift of the Holy Eucharist.

Father, through your Son Jesus Christ, who called the Apostles to follow Him, we ask you to raise up new and generous vocations to the priesthood in our time. Send forth the Holy Spirit to open the hearts of a new generation to your call and enable them not to be afraid but to recognise the joy of giving the whole of their lives in love through Jesus Christ, your Son our Lord, who lives and reigns forever and ever. Amen.

### **We fly to your Patronage**

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.