

EXPLORERS PRAYER GUIDE



THE SIGN OF THE CROSS

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



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 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 will be forever.
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 BEFORE BED

**Angels bless, and angels keep
Angels guard me while I sleep
Bless my heart and bless my home
Bless my spirit as I roam
Guide and guard me
through the night
and wake me with
the morning's light.
Amen**

