

# MY PRAYERS

## 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.

## 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.

## 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.

## Act of Contrition (For Confession Time)

My God, I am sorry for my sins  
with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against You  
whom I should love above all things.  
I firmly intend, with Your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In His Name, My God, have mercy.  
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.

## Saint Michael Prayer

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,  
cast into hell Satan  
and all the evil spirits  
who prowl throughout the world  
seeking the ruin of souls. Amen.

# MY PRAYERS (MASS)

## Nicene Creed

PART  
A

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

PART  
B

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

*(At the words that follow, all bow their heads)*

and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified  
under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

PART  
C

He ascended into heaven  
and is seated  
at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

PART  
D

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from  
the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken  
through the prophets.

PART  
E

I believe in one, holy,  
catholic and apostolic Church.  
I confess one Baptism  
for the forgiveness of sins  
and I look forward  
to the resurrection of the dead  
and the life of the world to come.  
Amen.

---

## The Confiteor (I Confess)

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have  
failed to do,

*(And, striking their breast, they say:)*

through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

## Invitation to Communion

**Priest:**

Behold the Lamb of God,  
behold him who takes away  
the sins of the world.  
Blessed are those called  
to the supper of the Lamb.

**All Respond:**

Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.