

Our Lady of Perpetual Help School
Religious Education
PRAYERS

Every candidate preparing for a sacrament is expected to know the following prayers. Please help your child learn these prayers by practicing with them daily.

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 are 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.

BLESSING BEFORE MEALS

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, Through Christ Our Lord. 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.

ACT OF CONTRITION

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.

Here are some additional prayers you might like to learn.

ACT OF CONTRITION *(alternate version)*

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

Morning Offering

O my God, I offer Thee through the Immaculate Heart of Mary, all my thoughts, words, actions, and sufferings of this day, to please Thee, to honor Thee, and to make up for my sins. Sweet Mother Mary, keep me in thy care. Amen.

Prayer of Faith

Lord help me to remember that nothing is going to happen to me today that You and I together can't handle. Amen.

Prayers to Mary

O Virgin Mother Mary, help me to Heaven above. Mother of Jesus, keep me always as thy loving child. Amen

O Mary, loving Mother of Jesus, and our mother, pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations. Amen.

A Prayer for the Family

O dear Jesus, I humbly implore You to grant Your special graces to our family. May our home be the shrine of peace, purity, love, labor and faith. I beg You, dear Jesus, to protect and bless all of us, absent and present, living and dead. Amen.

A Prayer to Saint Joseph

Blessed Saint Joseph, holy guardian of Jesus and Mary, assist us by your prayers in all the necessities of life. Ask of Jesus that special grace which He granted to you, to watch over our home at the pillow of the sick and the dying, so that with Mary and with you, heaven may find our family unbroken in the Sacred Heart of Jesus. Amen.

OLPH students recite this prayer each day at school:

Mother of Perpetual Help Prayer

Mother of Perpetual Help you have been blessed and favored by God.

You became not only the Mother of the Redeemer, but the Mother of the redeemed as well.

We come to you today as your loving children.

Watch over us and take care of us.

As you held the Child Jesus in your loving arms, so take us in your arms.

He who is mighty has done great things for you and God's greatest fear is that, in time of temptation we may fail to call out to you and become lost children.

Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance,

and the grace to always call upon you, Mother of Perpetual Help.

Mother of Perpetual Help, pray for us. Amen.

The Memorare

Remember, O most gracious Virgin Mary,

that never was it known

that anyone who fled to thy protection,

implored thy help,

or sought thy 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.

Saint Michael Defends Us!

St. Michael the Archangel protects us against danger and the Devil. He is our defense and our shield and the Church has given us a special prayer so that we can ask him for help. This prayer was written in 1884 by Pope Leo XIII after he saw a horrible vision about the devil destroying the Church. He began the tradition of praying this prayer at the end of every Mass, a tradition that dwindled but would be very good to start up again. Pray the St. Michael Prayer.

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 hosts,
by the power of God,

thrust into hell, Satan, and all the evil spirits,
who prowl about the world seeking the ruin of
souls.

Amen.