

BASIC PRAYERS TO BE LEARNED

SIGN OF THE CROSS *Mt. 28:19*

In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen
**CCC #2166*

OUR FATHER *Mt. 6:9-13*

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.
**CCC #2759, 2761, 2777-2865*

HAIL MARY *Lk. 1:28, 42*

Hail Mary, full of grace,
the Lord is with you!
Blessed are you among women,
and blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.
**CCC #2676-2677*

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
**CCC #2628*

**CCC – Catechism of the Catholic Church*

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.
**CCC #1451*

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 Pontius 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.
Roman Missal 3rd Edition

NICENE CREED

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

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,
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.
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.

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.

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. *Roman Missal 3rd Edition*

GRACE BEFORE MEALS

Bless us, O Lord,
and these, your gifts,
which we are about to receive
from your goodness.

Through Christ, our Lord.

Amen.

**CCC #26*