

Basic Prayers for the Catholic Home



YEAR OF FAITH²⁰¹²₂₀₁₃

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October 11, 2012—November 24, 2013



Introduction

Saint John Vianney urged the people of Ars to frequent prayer:

“This is our glorious duty as Christians: to pray and to love. This union of God with a tiny creature is a lovely thing. It is a happiness beyond understanding. Prayer never leaves us without sweetness. When we pray properly, sorrows disappear like snow before the sun.”

Ultimately, prayer is “raising our minds and hearts to God.” It is nothing other than spending time in conversation and enjoyment of His presence. The *Catechism of the Catholic Church* reminds us that there are three general forms of prayer: vocal prayer, mental prayer or meditation, and contemplation. All three are essential to a complete prayer life; each takes time, effort, and practice.

This booklet contains some of the most common “vocal” prayers of the Church. They are presented in no particular order, although the arrangement here can be used for children as their prayer life develops and they memorize important prayer forms.

Further, this booklet is far from comprehensive. There are many other rich and beautiful prayers in our Catholic heritage, and our prayer lives are enriched by continually exploring new ways to speak our love, our thanksgiving, our petitions, and our sorrow to our loving God.

But the most important thing of all is that our prayers come from our hearts – that we truly enter into a communion with God with sincerity, openness, attention, and love. Then, we will experience for ourselves the truth of Saint John Vianney’s words:

“Through prayer we receive a foretaste of heaven, and something of paradise comes down upon us. If you pray and love, that is where our happiness lies.”

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. 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, to rule and guide. 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 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.

Grace Before Meals

Bless us, O Lord, and these Your gifts,
which we are about to receive
from Your bounty, through Christ our Lord. Amen.

Grace After Meals

We give You thanks for all Your benefits, O almighty God,
Who lives and reigns forever;
and may the souls of all the faithful departed,
through the mercy of God, rest in peace. 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.

Act of Contrition (Simple Form)

O my God, I am sorry for all my sins

because they displease You, Who are all good

and deserving of all my love.

With Your help, I will sin no more. Amen.

Apostles' 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.

The Profession of Faith (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.

The Twelve Apostles

Peter Thomas Matthew Bartholomew

Andrew James Simon John

James Philip Jude Judas Iscariot (succeeded by Matthias)

The Ten Commandments (Exodus 20:1-17)

- 1) I am the Lord Your God. You shall not have strange gods before Me.
- 2) You shall not take the name of the Lord, Your God, in vain.
- 3) Remember to keep holy the Lord's day.
- 4) Honor your father and your mother.
- 5) You shall not kill.
- 6) You shall not commit adultery.
- 7) You shall not steal.
- 8) You shall not bear false witness.
- 9) You shall not covet your neighbor's wife.
- 10) You shall not covet your neighbor's goods.

The Greatest Commandments (Luke 10:27)

"You shall love the Lord, your God, with all your heart, with all your soul, with all your strength, and with all your mind; and you shall love your neighbor as yourself."

The Beatitudes (Matthew 5:1-12)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of Me. Rejoice and be glad, for your reward will be great in heaven.

Act of Love

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

Corporal Works of Mercy

- 1) Feed the hungry.
- 2) Give drink to the thirsty.
- 3) Clothe the naked.
- 4) Visit those in prison.
- 5) Shelter the homeless.
- 6) Visit the sick.
- 7) Bury the dead.

Spiritual Works of Mercy

- 1) Help sinners.
- 2) Teach the ignorant.
- 3) Give advice to the doubtful.
- 4) Comfort those who suffer.
- 5) Be patient with others.
- 6) Forgive injuries.
- 7) Pray for the living and the dead.

The Seven Sacraments

Baptism
Penance (Reconciliation)
Eucharist
Confirmation
Anointing of the Sick
Holy Orders
Marriage

Morning Offering

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, and sufferings 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 sin,
for the intentions of all my friends and associates,
and in particular for the intentions of the Holy Father.

Precepts of the Church

- 1) Assist at Mass on Sundays and holy days of obligation.
Do no unnecessary work on those days.
- 2) Fast and abstain on the days appointed.
- 3) Confess serious sins at least once a year.
- 4) Receive Holy Communion during the Easter season.
- 5) Contribute to the support of the Church.
- 6) Observe the laws of the Church concerning marriage.
- 7) Join in the missionary spirit of the Church.

The Memorare (attributed to Saint Bernard)

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your protection,
implored your help, or sought your intercession
was left unaided.

Inspired by this confidence, I fly unto you,
O Virgin of virgins, my Mother;
to you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in your mercy
hear and answer me. Amen.

Prayer of Saint 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;

and where there is sadness, joy.

O Divine Master, grant that I may not seek

so much 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.

The Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen.

Gifts of the Holy Spirit (Isaiah 11:1)

- 1) Wisdom
- 2) Understanding
- 3) Knowledge
- 4) Counsel
- 5) Fortitude
- 6) Reverence
- 7) Fear of the Lord

Fruits of the Holy Spirit (Galatians 5:22)

- 1) Love
- 2) Joy
- 3) Peace
- 4) Patience
- 5) Kindness
- 6) Generosity
- 7) Faith
- 8) Mildness
- 9) Chastity

The Angelus

The angel of the Lord declared unto Mary.
And she conceived of the Holy Spirit.

Hail Mary

Behold the handmaid of the Lord.
Be it done to me according to your word.

Hail Mary

And the Word was made flesh.
And made His dwelling among us.

Hail Mary

Pray for us, O holy Mother of God,
that we may be made worthy of the promises of Christ.

Let us pray:

Pour out Your grace into our hearts, Lord.
By the message of the angel we have
learned of the Incarnation of Christ, Your Son;
lead us by His passion and cross to the glory of the resurrection.
Through the same Christ, our Lord. Amen.

The Mysteries of the Rosary

*(note: the recommended days listed for praying the sets of
Mysteries were suggested by Pope John Paul II during the
Year of the Rosary, 2003)*

The Joyful Mysteries (Mondays and Saturdays)

- 1) The Annunciation
- 2) The Visitation
- 3) The Nativity
- 4) The Presentation in the Temple
- 5) The Finding of the Child Jesus in the Temple

The Luminous Mysteries (*Thursdays*)

- 1) The Baptism of the Lord
- 2) The Wedding at Cana
- 3) The Proclamation of the Kingdom
- 4) The Transfiguration
- 5) The Institution of the Eucharist

The Sorrowful Mysteries (*Tuesdays and Fridays*)

- 1) The Agony in the Garden
- 2) The Scourging at the Pillar
- 3) The Crowning with Thorns
- 4) The Carrying of the Cross
- 5) The Crucifixion

The Glorious Mysteries (*Wednesdays and Sundays*)

- 1) The Resurrection
- 2) The Ascension
- 3) The Descent of the Holy Spirit
- 4) The Assumption of Mary
- 5) The Coronation of Mary as Queen of Heaven and Earth

Prayer to Saint Anthony of Padua (1195-1231)

Glorious Saint Anthony, I salute you as a good servant of Christ and a special friend of God. You were once favored to hold the Christ Child in your arms as you cherished his Word in your heart. Today I place all my cares, temptations, and anxieties in your hands. I resolve ever to honor you by imitating your example. Powerful patron, model of purity, please win for me, and for all devoted to you, perfect purity of body, mind, and heart. I promise by my example and counsel to help others to the knowledge, love, and service of God. Amen.

Prayer to Saint John Cantius (1390-1473)

Saint John Cantius, be our advocate in the presence of God. We ask you to take us under your care. Obtain for us from the Throne of grace those indispensable gifts, without which we would be unable to fulfill those tasks, which God has given to us in His age-old plan. We ask of you today, to obtain for us from God, that special favor, which we so fervently desire ... (*mention it here*) ... and above all, the remission of our sins, a continuation in His grace, and a happy death. Amen.

Sequence for Pentecost (Prayer to the Holy Spirit)

Come, Holy Spirit, come!
And from Your celestial home
shed a ray of light divine!

Come, Father of the poor!
Come, source of all our store!
Come, within our bosoms shine!

You, of comforters the best;
You, the soul's most welcome Guest;
sweet refreshment here below.

In our labor, rest most sweet;
grateful coolness in the heat;
solace in the midst of woe.

O most blessed Light divine,
shine within these hearts of Yours,
and our inmost being fill!

Where You are not, we have naught,
nothing good in deed or thought,
nothing free from taint of ill.

Heal our wounds, our strength renew;
on our dryness pour Your dew;
wash the stains of guilt away;

Bend the stubborn heart and will;
Melt the frozen, warm the chill;
guide the steps that go astray.

On the faithful, who adore
and confess You, evermore
in Your seven-fold gift descend;

Give them virtue's sure reward;
give them Your salvation, Lord;
give them joys that never end.
Amen. Alleluia.