

# Essential Catholic PRAYERS

These prayers include some of the most familiar prayers of the Catholic tradition. They have nurtured the faithful for generations, yet they still speak to us. These open for new generations the treasures of the Church's rich tradition of prayer.

*~from Catholic Household Blessings and Prayers*

1

## Sign of the Cross

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

2

## 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**

3

## Glory Be (*Doxology*)

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**

4

## 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**

5

## Prayer to One's Guardian Angel

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**

6

## 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**

7

## Act of Contrition

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 occasion of sin.  
**Amen**

8

**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**

9

**Hail, Holy Queen** *(The Salve Regina)*

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.  
To thee do we cry,  
poor banished children of Eve.  
To thee do we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this our exile  
show unto us  
the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary  
Pray for us, O holy Mother of God  
that we may be made worthy  
of the promises of Christ.

10

**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**

11

**Mysteries of the Rosary**

- Joyful Mysteries
- Sorrowful Mysteries
- Glorious Mysteries
- The Mysteries of Light

12

**The Seven Sacraments**

- The Sacraments of Initiation**  
Baptism • Confirmation • Eucharist
- The Sacraments of Healing**  
Reconciliation • Anointing of the Sick
- The Sacraments at the Service of Communion**  
Holy Orders • Matrimony

13

**Corporal Works of Mercy**

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Visit the imprisoned
- Shelter the homeless
- Visit the sick
- Bury the dead

**AMEN** is an Abrahamic declaration of affirmation first found in the Hebrew Bible, and subsequently in the New Testament. It is used as a concluding word, or as a response to a prayer meaning: "verily", "truly", "it is true", and "let it be so" It is also used colloquially, to express strong agreement.

**Prayer Testing**

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