

Catholic Prayers and Practices

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 (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.

The 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.

Signum Crucis

In nómine Patris,
et Fílii,
et Spíritus Sancti. Amen.

Pater Noster

Pater noster, qui es in cælis:
sanctificétur nomen tuum;
advéniat regnum tuum;
fiat volúntas tua,
sicut in cælo, et in terra.
Panem nostrum cotidiánum
da nobis hódie;
et dimítte nobis débita nostra,
sicut et nos dimíttimus debitóribus
nostris;
et ne nos indúcas in tentatiónem;
sed líbera nos a malo. Amen.

Gloria Patri

Glória Patri
et Fílio
et Spíritui Sancto.
Sicut erat in princípio,
et nunc et semper
et in sæcula sæculórum. Amen.

Ave, Maria

Ave, María, grátia plena,
Dóminus tecum.
Benedícta tu in muliéribus,
et benedíctus fructus ventris tui, Iesus.
Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis nostræ.
Amen.



Apostles' Creed

(from the *Roman Missal*)

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son,
our Lord,

(At the words that follow, up to and including the Virgin Mary, all bow.)

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.

Nicene Creed

(from the *Roman Missal*)

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,

(At the words that follow up to and including and became man, all bow.)

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.

Morning Prayer

Dear God,
as I begin this day,
keep me in your love and care.
Help me to live as your child today.
Bless me, my family, and my friends
in all we do.
Keep us all close to you. 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.

Grace After Meals

We give thee thanks,
for all thy benefits, almighty God,
who lives and reigns forever.
Amen.

Evening Prayer

Dear God,
I thank you for today.
Keep me safe throughout the night.
Thank you for all the good I did today.
I am sorry for what I have chosen
to do wrong.
Bless my family and friends. Amen.

A Vocation Prayer

God, I know you will call me
for special work in my life.
Help me follow Jesus each day
and be ready to answer your call. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts
of your faithful.
And kindle in them the
fire of your love.
Send forth your Spirit and
they shall be created.
And you will renew the
face of the earth. 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.



The Beatitudes

“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.”

MATTHEW 5:3-10

The Angelus

Leader: The Angel of the Lord
declared unto Mary,

Response: And she conceived of the
Holy Spirit.

All: Hail, Mary . . .

Leader: Behold the handmaid of
the Lord,

Response: Be it done unto me according
to your Word.

All: Hail, Mary . . .

Leader: And the Word was made flesh

Response: And dwelt among us.

All: Hail, Mary . . .

Leader: Pray for us, O Holy Mother
of God,

Response: That we may be made worthy
of the promises of Christ.

Leader: Let us pray.

All: Pour forth, we beseech you,
O Lord, your grace into our
hearts; that we, to whom the
Incarnation of Christ your
Son was made known by the
message of an Angel, may
by his Passion and Cross be
brought to the glory of his
Resurrection. Through the
same Christ our Lord.
Amen.

The Ten Commandments

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 lie.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

BASED ON EXODUS 20:2-3, 7-17

Precepts of the Church

1. Participate in Mass on Sundays and holy days of obligation, and rest from unnecessary work.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during the Easter season.
4. Observe the prescribed days of fasting and abstinence.
5. Provide for the material needs of the Church, according to one's abilities.

The Great Commandment

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

MATTHEW 22:37, 39

The Law of Love

"This is my commandment:
love one another as I love you."

JOHN 15:12

Corporal Works of Mercy

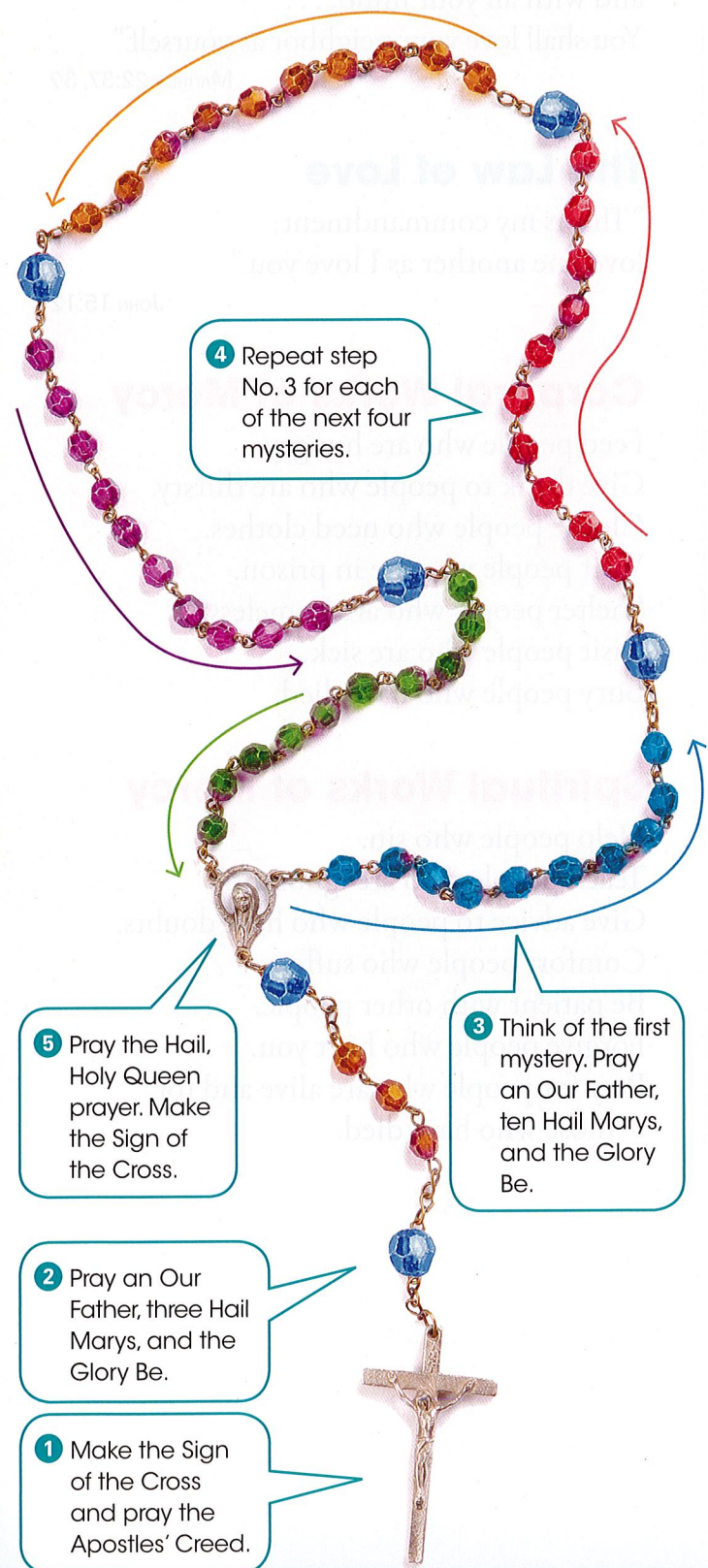
Feed people who are hungry.
Give drink to people who are thirsty.
Clothe people who need clothes.
Visit people who are in prison.
Shelter people who are homeless.
Visit people who are sick.
Bury people who have died.

Spiritual Works of Mercy

Help people who sin.
Teach people who are ignorant.
Give advice to people who have doubts.
Comfort people who suffer.
Be patient with other people.
Forgive people who hurt you.
Pray for people who are alive and for
those who have died.

Rosary

Catholics pray the Rosary to honor Mary and remember the important events in the lives of Jesus and Mary. There are twenty mysteries of the Rosary. Follow the steps from 1 to 5.



Joyful Mysteries

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

Luminous Mysteries

- 1 The Baptism at the Jordan
- 2 The Miracle at Cana
- 3 The Proclamation of the Kingdom and the Call to Conversion
- 4 The Transfiguration
- 5 The Institution of the Eucharist

Sorrowful Mysteries

- 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 and Death

Glorious Mysteries

- 1 The Resurrection
- 2 The Ascension
- 3 The Descent of the Holy Spirit at Pentecost
- 4 The Assumption of Mary
- 5 The Crowning of the Blessed Virgin as Queen of Heaven and Earth

Hail, Holy Queen

Hail, holy Queen, Mother of mercy:
Hail, our life, our sweetness,
and our hope.

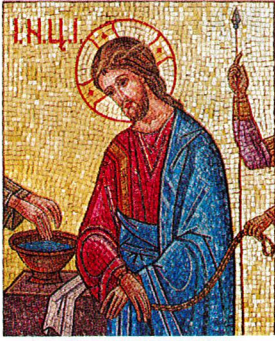
To you do we cry, poor banished
children of Eve.

To you do we send up our sighs,
mourning and weeping
in this valley of tears.

Turn then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile
show unto us the blessed fruit
of your womb, Jesus.

O clement, O loving, O sweet
Virgin Mary.

Stations of the Cross



1. Jesus is condemned to death.



2. Jesus accepts his cross.



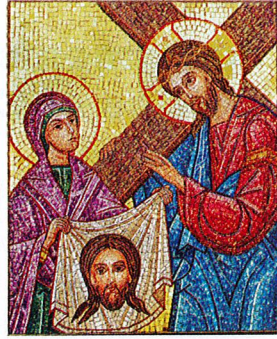
3. Jesus falls the first time.



4. Jesus meets his mother.



5. Simon helps Jesus carry the cross.



6. Veronica wipes the face of Jesus



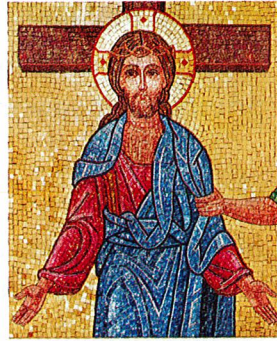
7. Jesus falls the second time.



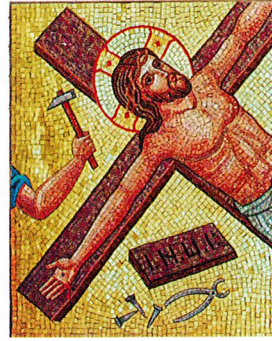
8. Jesus meets the women.



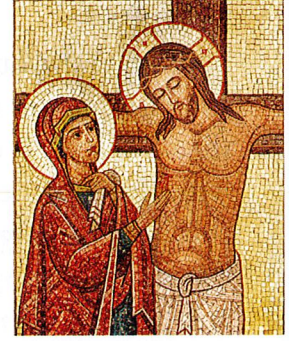
9. Jesus falls the third time.



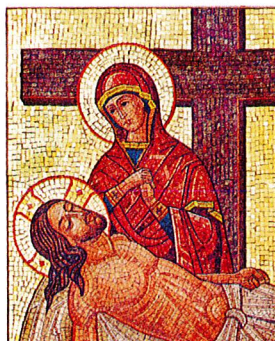
10. Jesus is stripped of his clothes.



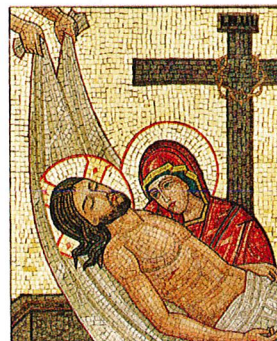
11. Jesus is nailed to the cross.



12. Jesus dies on the cross.



13. Jesus is taken down from the cross.



14. Jesus is buried in the tomb.

(Some parishes conclude the Stations by reflecting on the Resurrection of Jesus.)

The Seven Sacraments

Jesus gave the Church the Seven Sacraments. The Sacraments are the main liturgical signs of the Church. They make the Paschal Mystery of Jesus, who is always the main celebrant of each Sacrament, present to us. They make us sharers in the saving work of Christ and in the life of the Holy Trinity.

Sacraments of Christian Initiation

Baptism

Through Baptism, we are joined to Christ and become members of the Body of Christ, the Church. We are reborn as adopted children of God and receive the gift of the Holy Spirit. Original Sin and all personal sins are forgiven.

Confirmation

Confirmation completes Baptism. In this Sacrament, the gift of the Holy Spirit strengthens us to live our Baptism.

Eucharist

Sharing in the Eucharist joins us most fully to Christ and to the Church. We share in the one sacrifice of Christ. The bread and wine become the Body and Blood of Christ through the power of the Holy Spirit and the words of the priest. We receive the Body and Blood of Christ.

Sacraments of Healing

Penance and Reconciliation

Through the ministry of the priest, we receive forgiveness of sins committed after our Baptism. We need to confess all mortal sins.

Anointing of the Sick

Anointing of the Sick strengthens our faith and trust in God when we are seriously ill, dying, or weak because of old age.

Sacraments at the Service of Communion

Holy Orders

Through Holy Orders, a baptized man is consecrated to serve the whole Church as a bishop, priest, or deacon in the name of Christ. Bishops, who are the successors of the Apostles, receive this Sacrament most fully. They are consecrated to teach the Gospel, to lead the Church in the worship of God, and to guide the Church to live holy lives. Bishops are helped in their work by priests, their coworkers, and by deacons.

Matrimony

Matrimony unites a baptized man and a baptized woman in a lifelong bond of faithful love to honor each other always and to accept the gift of children from God. In this Sacrament, the married couple is consecrated to be a sign of God's love for the Church.