

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.

Find other versions of some of these  
prayers at [www.webelieveweb.com](http://www.webelieveweb.com)

16

Cut on this line.



Fold on this line.

# My Prayer Book

## The 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

## Glory Be to the Father

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.



## Sign of the Cross

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

Amen.

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.

Fold on this line.

2



Cut on this line.

15

## 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.

## Grace After Meals

We give you thanks  
almighty God  
for these and all your gifts,  
which we have received through  
Christ our Lord.

Amen.



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.

Fold on this line.

## Evening Prayer

Dear God, before I sleep  
I want to thank you for this day  
so full of your kindness  
and your joy.  
I close my eyes to rest  
safe in your loving care.

6



Cut on this line.

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## Prayer Before the Blessed Sacrament

Jesus,  
You are God-with-us,  
especially in this Sacrament  
of the Eucharist.  
You love me as I am  
and help me grow.

Come and be with me  
in all my joys and sorrows.  
Help me share your peace  
and love  
with everyone I meet.  
I ask in your name.  
Amen.



## 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.

Fold on this line.

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.

12



Cut on this line.

5

## Morning Offering

My God, I offer you today  
all that I think and do and say,  
uniting it with what was done  
on earth, by Jesus Christ,  
your Son.

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.