

## **BASIC PRAYERS FOR CATHOLIC STUDENTS**

### **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.

### **Hail Mary**

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.

### **Act of Contrition**

O my God, I am sorry for my sins, and I detest them. 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.

### **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.

### **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; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall 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.

### **Prayer to the Guardian Angel**

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen

## **A Morning Prayer**

Loving God, bless the work we do. Watch over us and guide us in school and at home. Help us realize that everything we do gives praise to you. We make this prayer in Jesus' name. Amen

## **Morning Offering**

Father, I offer to you all my prayers, works, joys and sufferings of this day. I offer them for your great glory and the good of my brothers and sisters. I offer especially in the spirit of love and together with Mary, our Mother, and Jesus, our brother. Amen

## **Morning Prayer**

Almighty God, I thank you for your past blessings. Today I offer myself – whatever I do, say or think – to your loving care. Continue to bless me, Lord. I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy sacrifice of the Mass, and in union with Mary, his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord. Amen.

## **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! Pray for us, Holy Mother of God, that we may be made worthy of the promises of Christ.

## **Memorare**

Remember, O most loving 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 with this confidence, we turn to you, O Virgins of virgins, our Mother. To you we come, before you we stand, sinful and sorrowful. O Mother of the Word Incarnate do not despise our petitions, but in your mercy hear us and answer us. Amen.

## **Magnificat (Canticle to Mary)**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Saviour; for he has looked with favour on his lowly servant. From this day all generations will call me blessed; the Almighty has done great things for me, and holy is his name. He has mercy on

those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever. Luke 1:46 – 55

### **Ancient Prayer to the Virgin Mary**

We turn to you for protection, holy Mother of God. Listen to our prayers and help us in our needs. Save us from every danger, glorious and blessed Virgin. Amen.

### **Prayer to Our Lady of Guadalupe**

God of power and mercy, you blessed the Americas at Tepeyac with the presence of the Virgin Mary of Guadalupe. May her prayers help all men and women to accept each other as brothers and sisters. Through your justice present in our hearts may your peace reign in the world. Grant this through Christ our Lord. Amen

### **Prayer Before Meals**

Bless us Oh Lord, and these your gifts, which we are about to receive, from your goodness, through Christ, Our Lord. Amen

### **Grace After Meals**

We give you thanks for all your gifts, almighty God, living and reigning now and forever. Amen.

### **Confiteor**

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done and what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen

### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful. Enkindle in them the fire of your love. Send forth your Spirit, and they will be created. And you will renew the face of the earth. Let us pray: Lord, by the light of the Holy Spirit, you have taught the hearts of the faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

## **Act of Faith**

My God, I firmly believe you are one God in three Divine Persons, Father, Son, and Holy Spirit. I believe in Jesus Christ, your Son, who became a human person and died for our sins, and who will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

## **Act of Hope**

O my God, trusting in your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and redeemer. Amen

## **Act of Love**

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 neighbour as myself for love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

## **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 unto me according to your word.

Hail Mary ....

And the Word was made flesh, and dwelt 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 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 Christ our Lord. Amen.

## **THE MYSTERIES OF THE ROSARY**

The rosary is perhaps the most popular devotion to Mary, the Mother of God. The central part of the rosary consists of the recitation of five sets of ten Hail Marys (Each set is called a decade). Each new decade begins by saying an Our Father, and each decade concludes with a Glory Be. The pray-er keeps track of the prayers said by moving from one bead to the next in order.

The recitation of the rosary begins with a series of prayers, said in the following order while using as a guide a small chain of beads and a crucifix:

1. the sign of the cross
2. the Apostles' creed
3. one Our Father

4. three Hail Marys
5. one Glory Be

After these introductory prayers, the recitation of the decades, as described above, begins. The saying of a five-decade rosary is connected with meditations on what are called the mysteries of the life of Jesus. These mysteries too are collected into series of five – five joyful, five sorrowful, five glorious, and five luminous mysteries. (recently added by Pope John Paul II) The mysteries of the rosary are listed below. The pray-er devotes one recitation of the rosary to each set of mysteries. She or he chooses which set of mysteries to meditate on while saying the decades of Hail Marys. Therefore, the complete rosary consists of twenty decades.

#### **THE FIVE LUMINOUS MYSTERIES**

1. The Baptism in the Jordan
2. Jesus reveals himself in the miracle of Cana
3. Jesus proclaims the good news of the kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

#### **THE FIVE JOYFUL MYSTERIES (MONDAY & SATURDAY)**

1. The Annunciation (Humility)
2. The Visitation (Charity)
3. The Birth of the Lord (Poverty or detachment from the world)
4. The Presentation of the Lord (Purity of heart, obedience)
5. The Finding of Our Lord in the Temple (Piety)

#### **THE FIVE SORROWFUL MYSTERIES (TUESDAY & FRIDAY)**

1. The Agony of Jesus in the Garden (Contrition of our sins)
2. The Scourging at the Pillar (Mortification of our senses)
3. The Crowning with Thorns (Interior mortification)
4. The Carrying of the Cross (Patience under crosses)
5. The Crucifixion and Death of Our Lord (That we may die to ourselves)

#### **THE FIVE GLORIOUS MYSTERIES (Sunday & Wednesday)**

1. The Resurrection of Jesus (Conversion of heart)
2. The Ascension of Jesus into Heaven (A desire for heaven)
3. The Descent of the Holy Spirit on the Apostles - Pentecost (The gifts of the Holy Spirit)
4. The Assumption of the Blessed Virgin Mary into Heaven (Devotion to Mary)
5. The Coronation of our Blessed Mother as Queen of Heaven (Eternal happiness)

## **STATIONS OF THE CROSS**

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls for 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 for the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls for the third time
10. Jesus is stripped of his garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb

## **EVERYDAY PRAYERS**

### ***PRAYER OF FAITH***

Almighty God, we believe in you, Father, Son, and Holy Spirit, and in all you have revealed. You are the God of all people and all nations. Help us to give thanks and praise to you each day of our lives. May all that we do and say give glory to your holy name. Amen.

### ***BE WITH US PRAYER***

Dear God, we know that you are with us when we are asleep and when we are awake. Help us to know you are our God and we are your children. May we see you in the world and the people around us. Amen

### ***GROWING PRAYER***

Father and Creator, help us to know that everything we are and everything we can do is a gift from you. Help us to grow and learn and become all that you created us to be. Amen

### ***PRAYER TO RESPECT LIFE***

God, Father of all, teach us to respect all life including the unborn, the disabled, the ill, and the aged. May we remember that life is a precious gift from you and all of us are made in your own image and likeness. Give us the courage to speak for the rights of those who cannot speak for themselves. We ask this through your Holy Spirit of love. Amen.

### ***SPIRIT OF LOVE PRAYER***

Spirit of love help us to make the world a better place for all nations, all races, all cultures, all people. Amen

### ***PRAYER OF COMPASSION***

Father of us all, we ask your help in living as the kind of people you created us to be. May we show compassion to those who need us. May we share your love with all people. We ask this in the name of your Son, Jesus Christ. Amen.

### ***THANK YOU GOD PRAYERS***

Dear God, we give you thanks for all the blessings you give us each day. Thank you for the world and all of creation. We know that everything you have made is good. Thank you for our family and friends and all people who care about us. We especially give you thanks for your love for each of us. Amen

## **PRAYERS OF BLESSING**

### ***BLESS THIS DAY PRAYER***

God, Father and creator, bless us this day in all we do and think and say. Bless our hearts and our lives as we walk the way of Jesus. We ask your blessing on all your people. May we live in love each day. We ask this in the name of your Holy Spirit of love. Amen

### ***PRAYER OF BLESSING FOR OTHERS***

God of love, today we pray for the concerns of other people. Bless the lives of the poor, the homeless, the sick, the outcasts, and all people in need. Help them to know your love and that you are with them always. Bless our lives and our hearts that we may reach out to people in need in your name. Amen

### ***PRAYER FOR GOD'S BLESSING***

Father, we ask your blessing on our lives. Send us your Holy Spirit that we may live in your love and share that love with others. May we be a living sign of Jesus to those around us. We ask this in the name of Jesus Christ, our Lord and Saviour. Amen

## **PRAYERS FOR SPECIAL TIMES**

### ***BEGINNING OF THE SCHOOL YEAR PRAYER***

God, Father of us all, we are beginning a new year together in our class. Help us to learn new things this year and to make new friends. May we open our minds to learn more about you. May we open our hearts to the needs of others. May we have a welcoming word for those who are new or who need a friend. Help us to learn new ways to serve you in love. Amen

### ***PRAYER WHEN SOMEONE IS SICK***

Father, someone we know is sick. They can't go to school or play outside today. We are worried about them and hope they get better soon. Please be with them and let them know your love. Hear our prayer. Amen

### ***PRAYER WHEN SOMEONE DIES***

God of all life, someone we know has died and we are very sad. We will miss this person so much. We know that those who die live on in your love in heaven. Help us to keep the memories of this person alive in our hearts now and always. Amen

### ***END OF THE SCHOOL YEAR PRAYER***

God, Father of us all, thank you for all we have learned this year. We have grown in faith, hope, and love of you. Thank you for the friends we have made and the good times we have shared. Be with us as we go forward into the summer. Amen.

### **PRAYERS FOR THE CHURCH YEAR**

#### ***ALL SAINTS' DAY PRAYER***

God, father, Son, and Holy Spirit, today we honour all saints who have loved you and loved others. We honour Saint Mary, Saint Joseph, Saint Anne, Saint John, Saint Katherine Drexel, Saint Rose, Saint Frances Cabrini, Saint Thomas, Saint Vincent do Paul, and all other saint. Help us to follow their example and to live as your people each day of our lives. Amen

#### ***ALL SOULS' DAY***

Father in heaven, we pray today for all the people who have died. We are very sad when someone dies, but we know that they are in heaven with you. Help us to remember that Jesus Christ brought new life to all of us through his life, death, and resurrection. Be with the families and friends of those who have suffered the death of someone they hold dear. Help them to feel your presence and love in their time of sorrow and to know that we care. Amen

#### ***PRAYER FOR THE ADVENT WREATH***

Dear God of hope, as we light the candle (s) of this Advent wreath we remember all that you have done for us. We thank you for sending us your Son, Jesus, to be the light of the world. Help us to prepare our hearts and our lives for the coming of Jesus now and at the end of time. Amen

#### ***EPIPHANY PRAYER***

God of love, we hear in the Bible the story of how the wise men followed the star to Jesus until they found him. Help us to follow the star of Jesus in our own lives as we make our journey of faith. Guide us and be with us in all things. Amen

#### ***PRAYER FOR LENT***

God, Father of us all, we thank you for sending Jesus to us. By his life, death, and resurrection, he redeemed the world. Help us to remember all that you have done for us our of your unending love. We pray today not only for our own needs, but for the needs of other people in the world. During this holy season of Lent we ask your forgiveness for the wrong we have done to others and the good we have not done

### **LITANY PRAYERS**

#### **COME HOLY SPIRIT PRAYER**

Leader: We offer our prayers to the Holy Spirit who guides our hearts and our lives

Reader 1: May we have faith in God, who created us and all things.

All: *Come, Holy Spirit, into our hearts and our lives.*

Reader 2: May we work for justice for all people  
All: *Come, Holy Spirit, into our hearts and our lives*  
Reader 3: May we keep hope alive for ourselves and others.  
All: *Come, Holy Spirit, into our hearts and our lives.*  
Reader 4: May we live in peace with one another in our world.  
All: *Come, Holy Spirit, into our hearts and our lives.*  
Reader 5: May we witness to the teachings of Jesus Christ in what we do and say  
All: *Come, Holy Spirit, into our hearts and our lives.*  
Reader 6: May we love others as ourselves and help the poor.  
All: *Come, Holy Spirit, into our hearts and our lives.*  
Leader: We ask you to hear this prayer and the prayers that we hold in our hearts.  
All: *Amen*

### **LITANY PRAYER FOR PEOPLE IN NEED**

Leader: Father of us all, we come before you today and ask you to hear our prayers for people in need in our world.  
Reader 1: For people who are sick or in hospitals, we pray to the Lord ...  
All: *Lord, hear our prayer*  
Reader 2: For victims of injustice, we pray to the Lord ...  
All: *Lord, hear our prayer*  
Reader 3: For those who live in poverty, we pray to the Lord  
All: *Lord, hear our prayer*  
Reader 4: For victims of war and violence, we pray to the Lord  
All: *Lord, hear our prayer*  
Reader 5: For people who live with hunger each day, we pray to the Lord  
All: *Lord, hear our prayer*  
Reader 6: For those who are lonely, we pray to the Lord  
All: *Lord, hear our prayer*  
Reader 7: For people who are homeless, we pray to the Lord  
All: *Lord, hear our prayer*  
Reader 8: For victims of prejudice and discrimination, we pray to the Lord  
All: *Lord, hear our prayer*  
Leader: Hear our prayers and help us reach out a helping hand to others. We ask this in the name of Jesus, Our Saviour.  
All: *Amen*

### **PRAYER OF PRAISE**

Leader: We gather together to give thanks and praise to God who created our world and everything in it  
Reader 1: We praise you for the mountains that reach toward the sky and for the blue of the oceans that are filled with life  
All: *We praise you, God, for the world you have made.*  
Reader 2: We praise you for the shade of the forests with the tall trees overhead and for the rich field where we grow our food.  
All: *We praise you, God, for the world you have made*

Reader 3: We praise you for the sound of laughter, and for the joy of being you  
people. We praise you for all you have done for love of us.  
All: *We praise you, God, for the world you have made*  
Leader: You are our God and we are your people forever and ever.  
All: Amen.