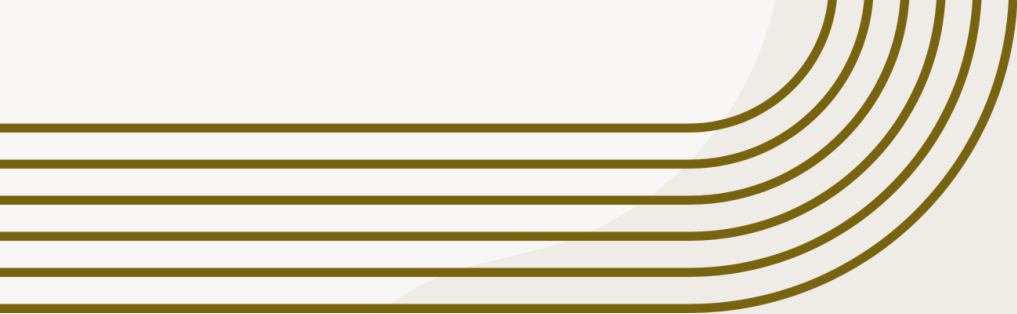




Common Prayers

Prayer is an integral part of spiritual health.





List of Prayers

Sign of the Cross

Our Father

Hail Mary

Glory Be

The Apostles' Creed

Act of Contrition

Hail, Holy Queen

Prayer Before Meals

Memorare

St. Michael the Archangel

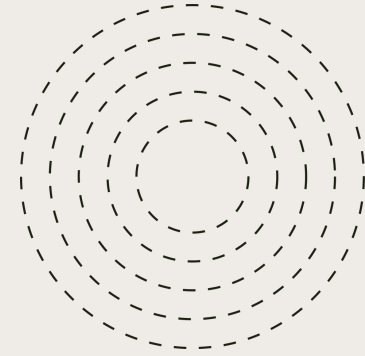
Come, Holy Spirit

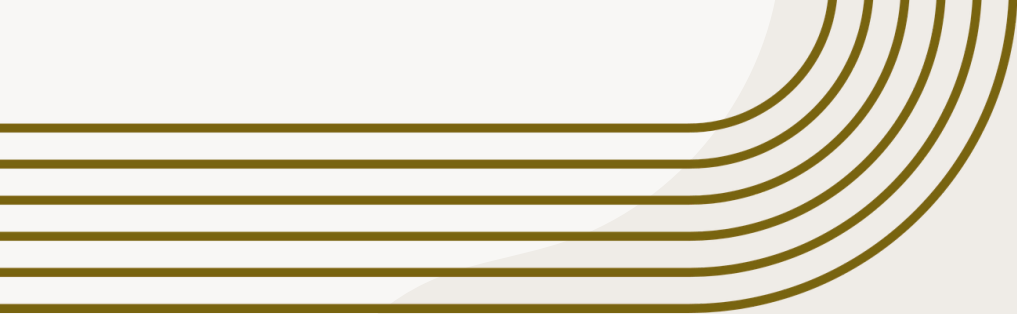
Guardian Angel

Fatima Prayer

Anima Christi

Nicene Creed



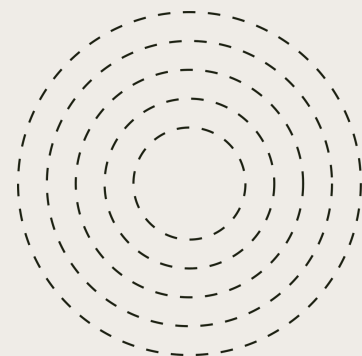


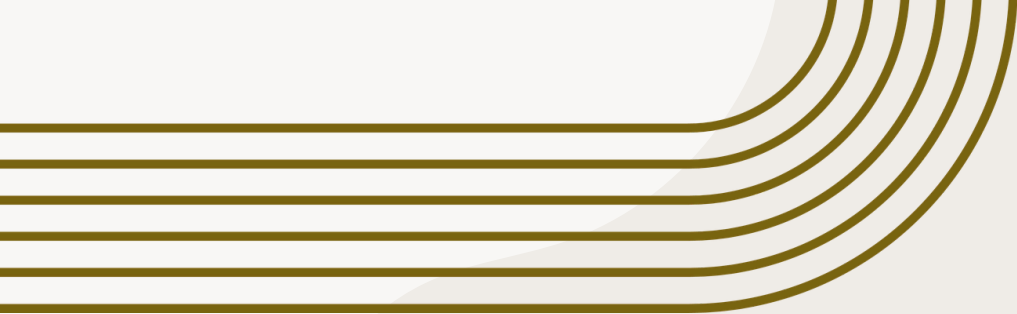
Sign of the Cross



English: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Latin: *In nomine Patris, et Filii, et Spiritus Sancti. Amen.*

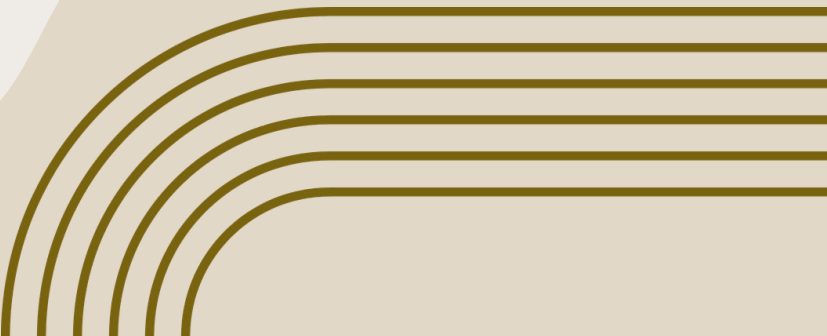
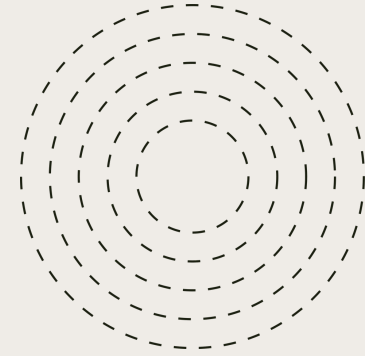


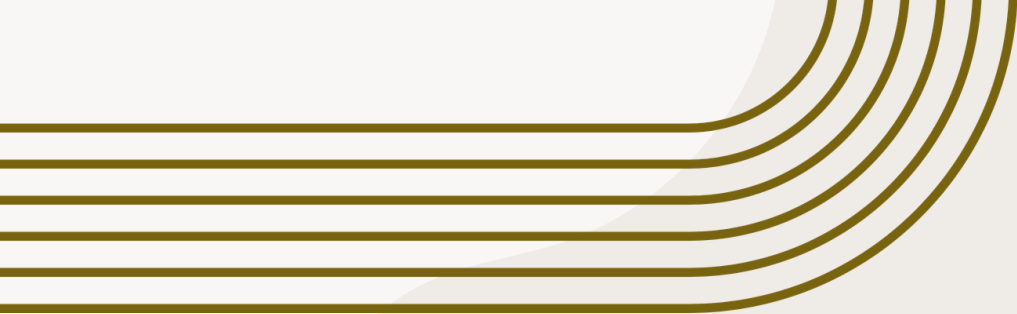


Our Father



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.

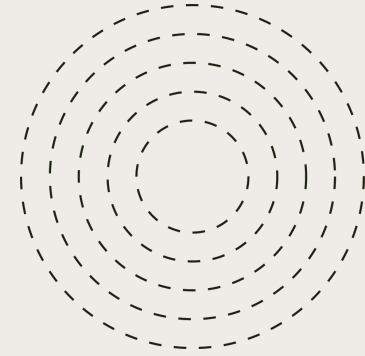


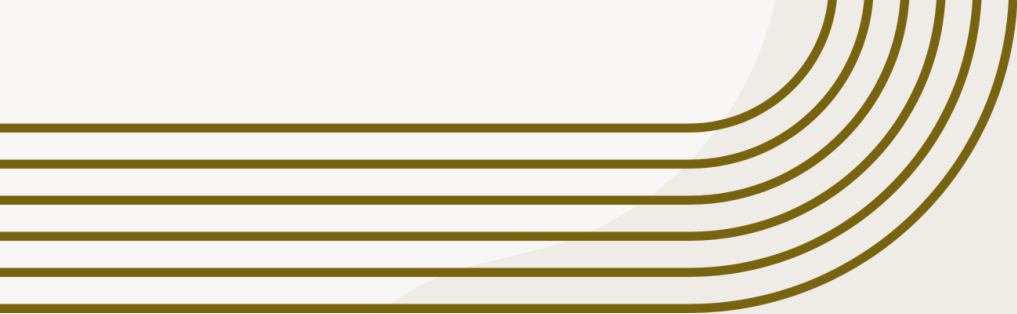


Hail Mary



Hail Mary, full of grace, the Lord is with 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.

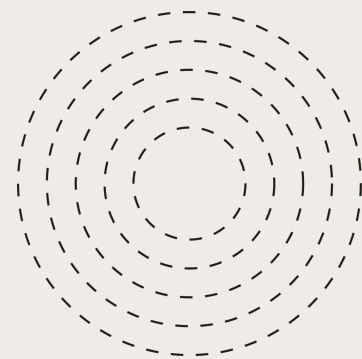


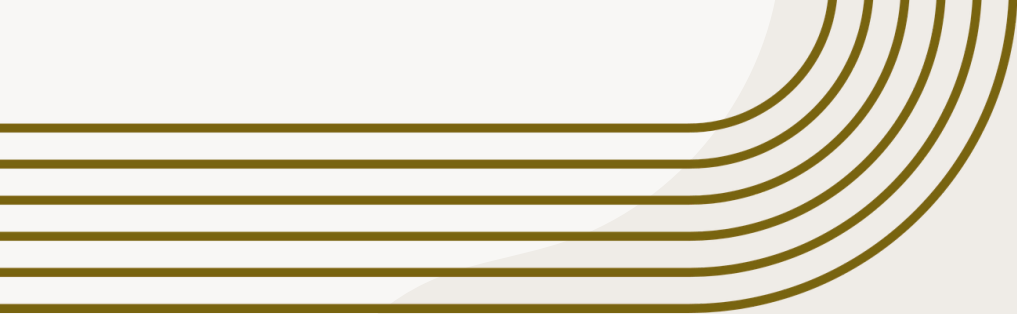


Glory Be



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.



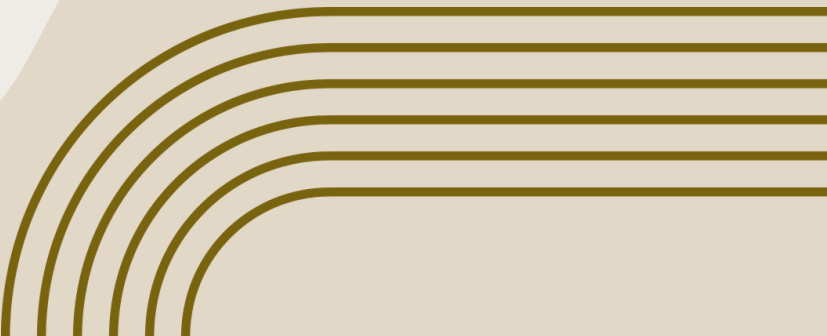
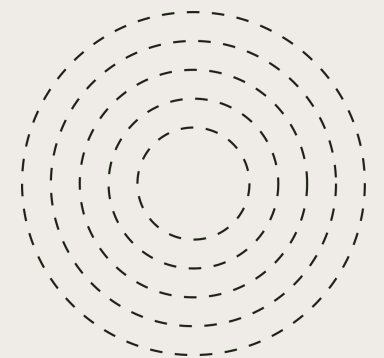


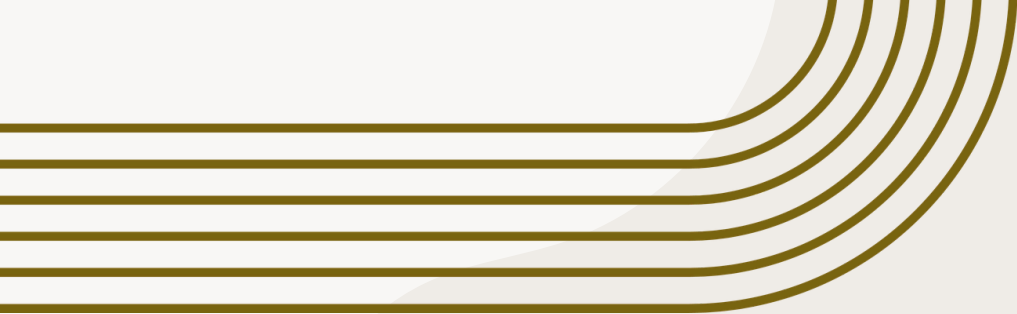
The Apostles' Creed



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 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.

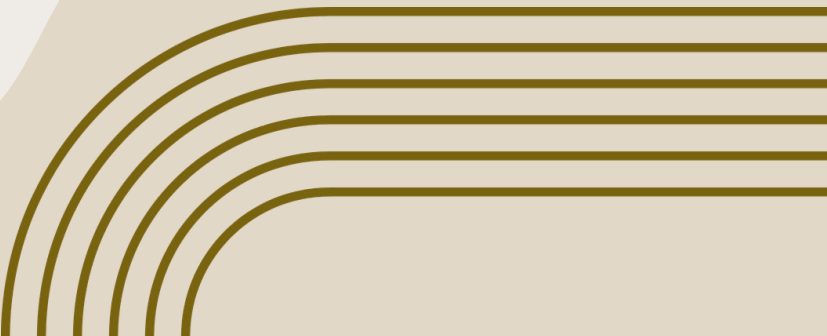
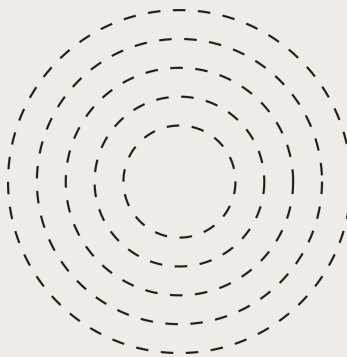


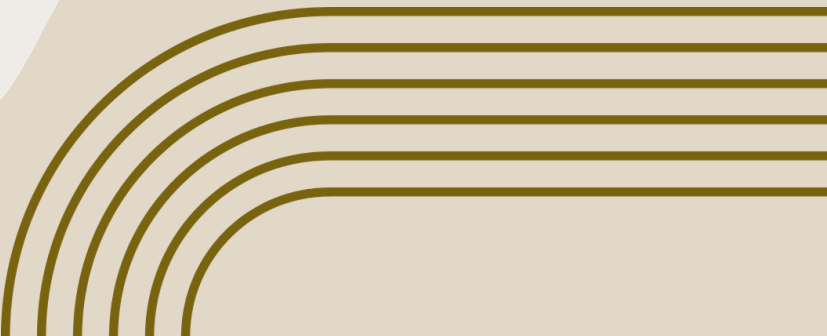
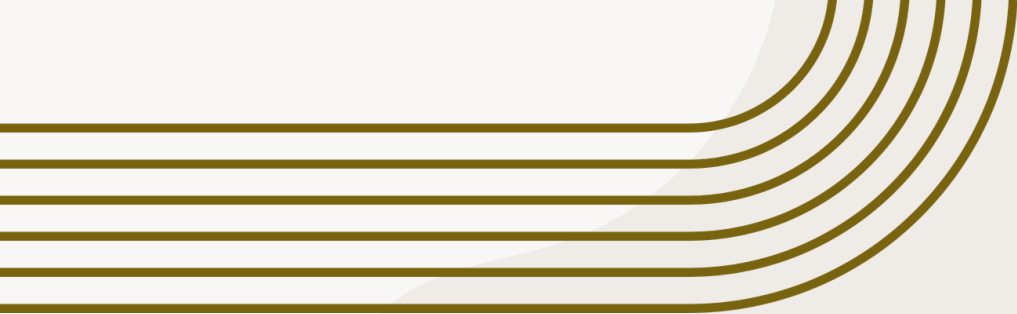


Act of Contrition



O, my God, I am heartily sorry for having offended Thee, and I detest these and all my sins because I dread the loss of Heaven and the pains of Hell. But most of all, because I have offended Thee Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace To confess my sins, to do penance, and to amend my life. Amen.

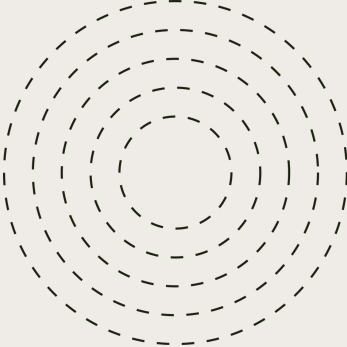




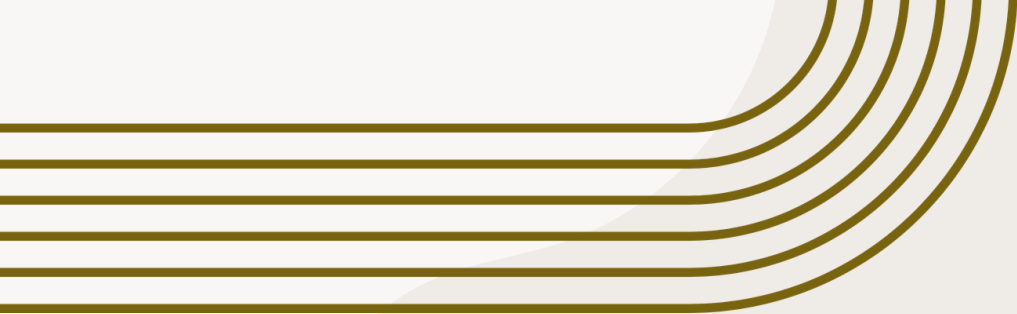
Hail, Holy Queen



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.



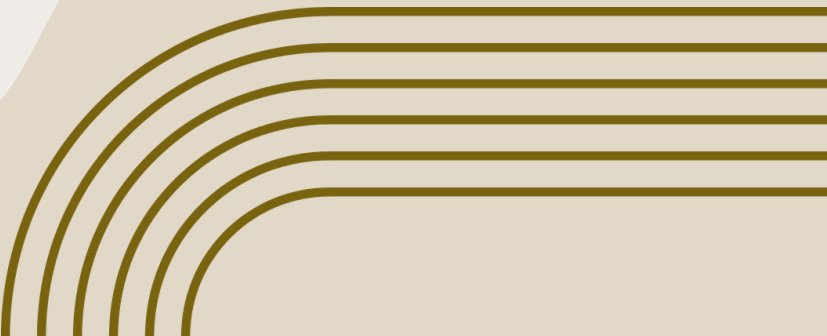
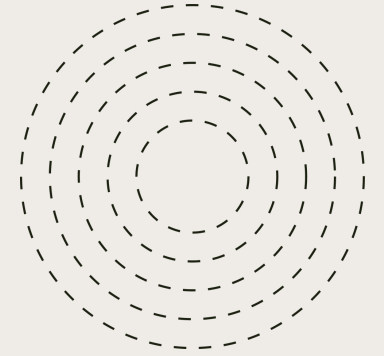
Pray for us, O Holy Mother of God. That we may be made worthy of the
promises of Christ.

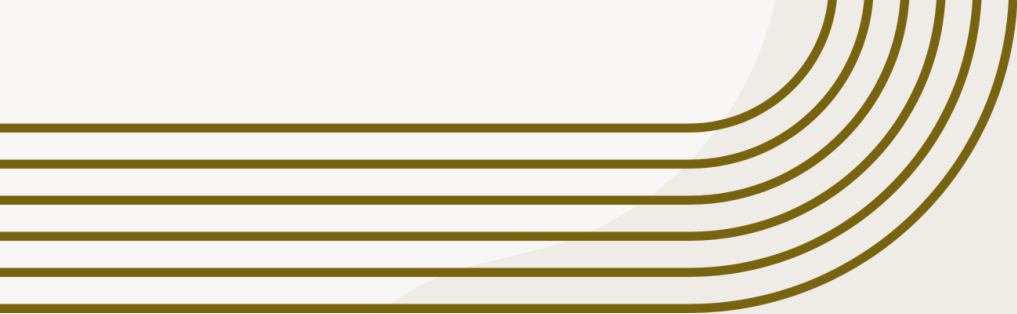


Prayer Before Meals



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

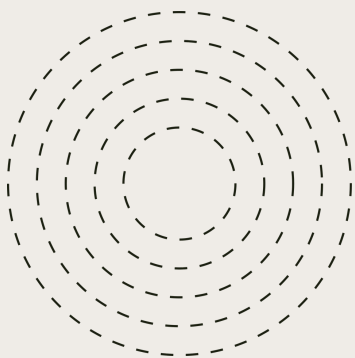


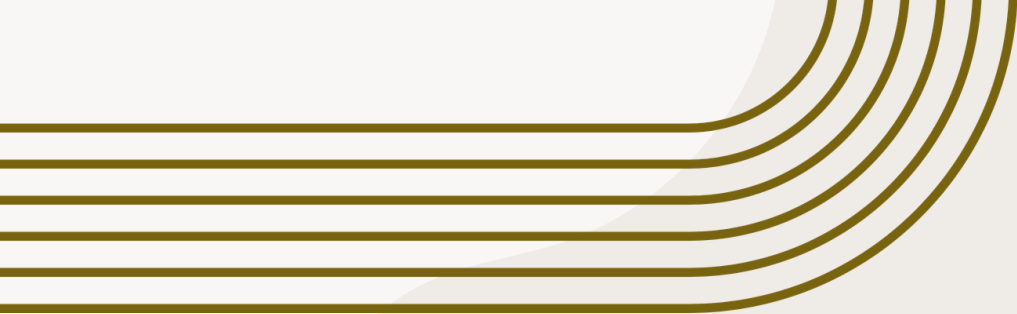


Memorare



Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine 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.

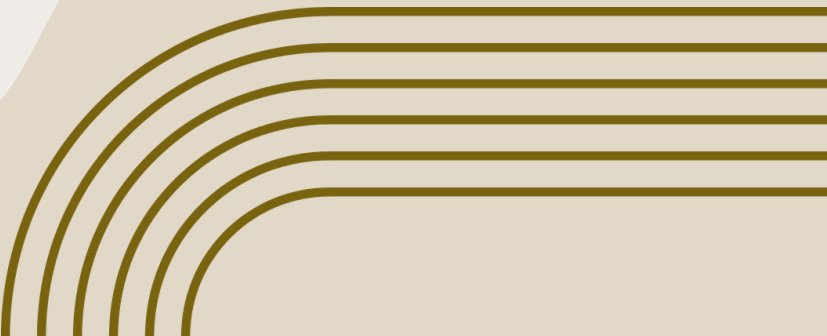
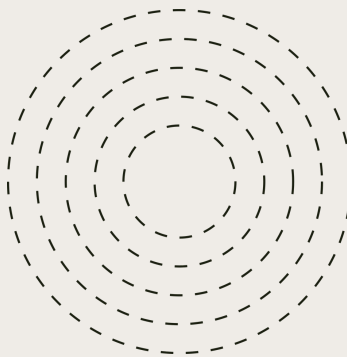


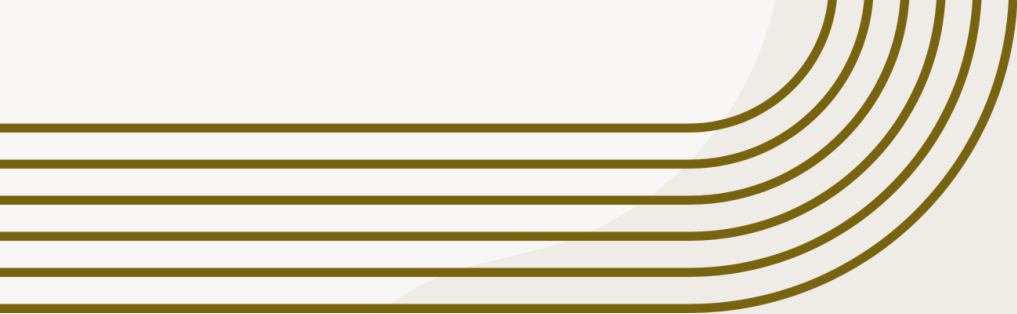


St. Michael the Archangel



St. Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly host, by the power of God, cast into hell, Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.



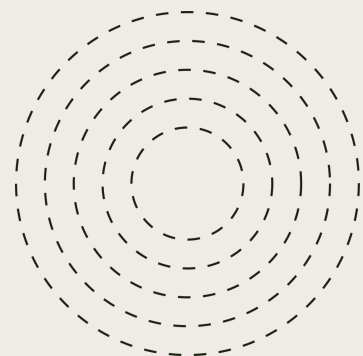


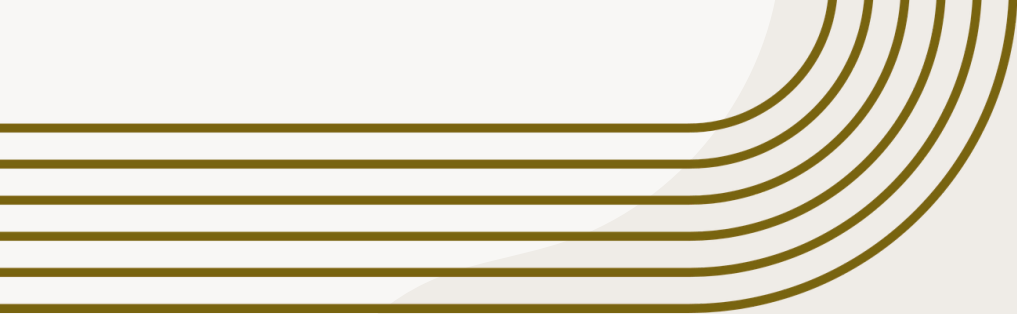
Come, Holy Spirit



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

O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.

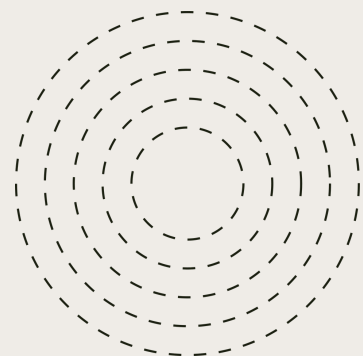


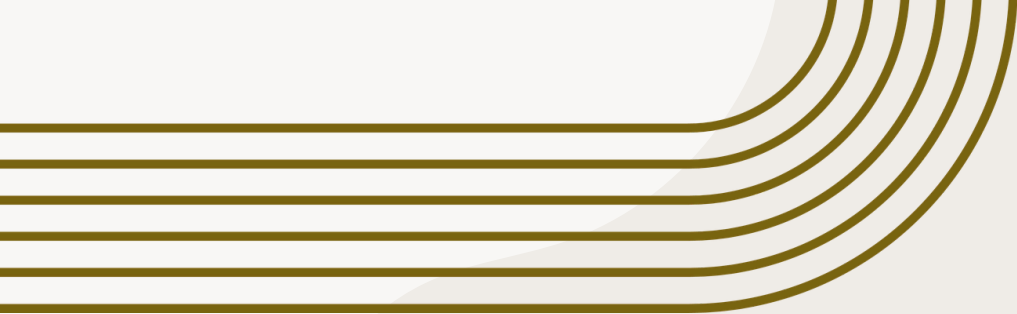


Guardian Angel



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, rule and guide. Amen.

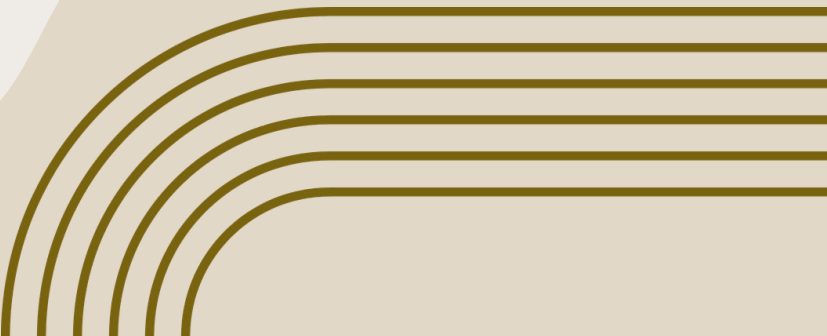
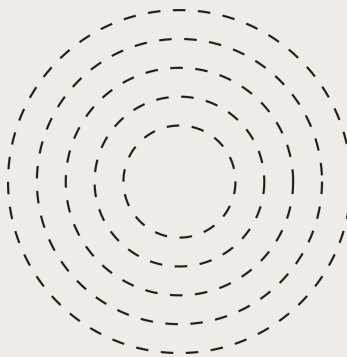


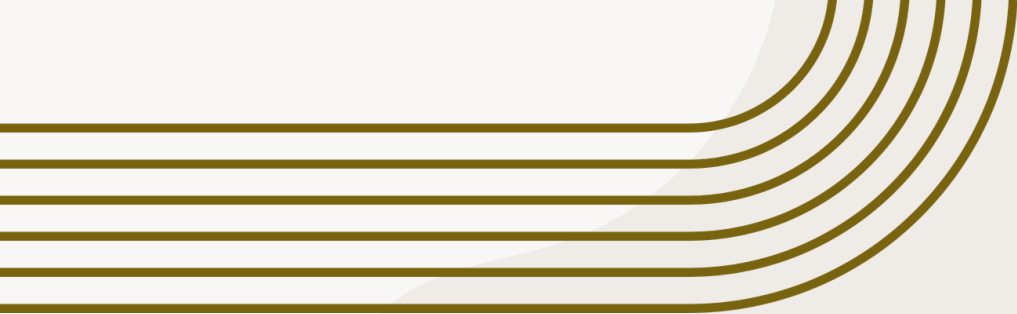


Fatima Prayer



O my Jesus, forgive us our sins, save us from the fires of Hell, and lead
all souls to Heaven, especially those in most need of Thy mercy.

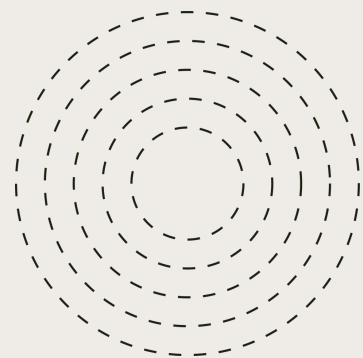


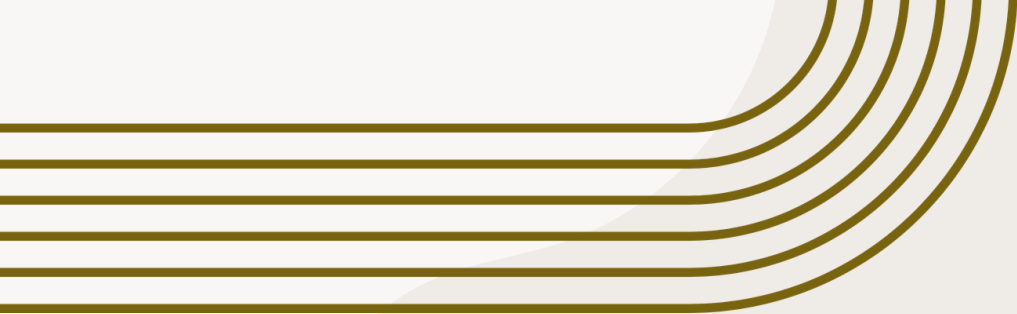


Anima Christi



Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from the side of Christ, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malignant enemy defend me
At the hour of my death, call me
And bid me come unto Thee
That I may praise Thee with Thy Angels
And Thy Saints
Forever and ever.
Amen.





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.

