

# FAVOURITE CATHOLIC PRAYERS

*– For Families –*



**St Gregory the Great, Bearwood**

## *Our Father*

**O**ur 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*

**H**ail, Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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*

**G**lory 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. ✠

## *An Act of Faith*

**O** my God, I firmly believe that you are one God in three divine persons, Father, Son and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because in revealing them you can neither deceive nor be deceived. Amen. ✠

## *An Act of Hope*

**O** my God, relying on your infinite mercy 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. ✠

## *An Act of Love*

**O** 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 the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. 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. ✠

## *Confiteor*

**I** confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault. Therefore 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. ✠

## *Acts of Contrition*

**M**y 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 Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. ✠

O my God, because you are so good, I am very sorry that I have sinned against you. And with the help of your grace, I will not sin again. ✠

## *Jesus, Meek and Humble*

**J**esus, meek and humble of heart, make my heart like unto Thine. ✠

## *For Mercy and Help*

**J**esus, mercy, Mary help! ✠

## *Come Holy Spirit*

**C**ome 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 shall renew the face of the earth.

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

## *Morning Offerings*

**H**eavenly Father, I offer you this day all that I shall think or do or say, uniting it with what was done by Jesus Christ, your only Son. Amen. ✠

**O** Jesus, I offer you my prayers, works, joys, and sufferings of this day. I join myself to all your people, in praying for the salvation of souls, the reunion of all Christians, the grace of repentance, and the intentions of the Holy Father. I wish to make my life this day a prayer on behalf of *(name)*. Amen. ✠

## *Prayer Before a Crucifix*

Look down upon me, good and gentle Jesus, While before Thy face I humbly kneel And with burning soul, pray and beseech Thee, To fix deep in my heart, Lively sentiments of faith, hope and charity, True contrition for my sins And a firm purpose of amendment. While I contemplate with great love and tender pity, Thy five most precious wounds, Pondering over them within me, And calling to mind the words that David, Thy prophet, said of Thee, my Jesus, "*They have pierced My hands and feet, They have numbered all my bones.*" ✠

## *To My 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. ✠

## *Prayer to St Michael*

Holy Michael, the Archangel, defend us in battle. Be our safeguard 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 down to hell Satan and all evil spirits who wander through the world seeking the ruin of souls.  
Amen. ✠

## *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 your wounds hide me;  
Never let me be separated from you;  
From the evil one protect me;  
At the hour of my death, call me;  
And bid me come to you; That with your saints,  
I may praise you forever and ever. ✠

## *Day by Day*

Thanks be to thee, my Lord Jesus Christ, for all the benefits thou hast given me, for all the pains and insults thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more



clearly, love thee more dearly, and follow thee more nearly, day by day. Amen. ✠

## *Seeking God*

**O** Lord, our God, grant us the grace to long for you with our whole heart, and that so longing we may seek and find you; and that so finding you we may love you; and that so loving you we may hate those sins from which you redeemed us for the sake of Jesus Christ. Amen. ✠

**O** gracious and holy Father, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate on you, and a life to proclaim you, through Jesus Christ our Lord. Amen.



## *O Sacrament Most Holy*

**O** Sacrament most Holy,  
O Sacrament Divine,  
all praise and all thanksgiving,  
be every moment Thine. ✠ (3 times)

## *Memorare*

**R**emember, 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 with this confidence, we turn to thee, O Virgin of virgins, our Mother. To thee we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, do not despise our petitions, but in thy mercy hear and answer us. Amen.



## *Prayers at Meal Times*

*(Before)*

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

*(After)*

**W**e give you thanks, O Almighty God, for all your graces and benefits which we have received from your bounty. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen. ✠

## *Peace Prayer*

**L**ord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

**O**, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life. Amen. ✠

## *For a Generous Spirit*

**D**earest Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not to count the cost, to fight, and not to heed the wounds, to labour, and not to seek rest, to give of myself and not to ask for reward, except the reward of knowing that I am doing your will. Amen. ✠

## *Divine Praises*

**B**lessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed be the Name of Jesus. Blessed be His Most Sacred Heart. Blessed be His Most Precious Blood. Blessed be Jesus in the Most Holy Sacrament of the Altar. Blessed be the Holy Spirit, the Paraclete. Blessed be the great Mother of God, Mary most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the Name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His Angels and in His Saints. Amen. ✠

## *Prayer for Peace*

**L**ord Jesus Christ, We praise You: Bring peace into the world By bringing Your peace into the hearts of all. Help us to turn away from sin and to follow You in love and service. Amen. ✠

## *The Jesus Prayer*

**L**ord, Jesus Christ, Son of God, have mercy on me, a sinner. ✠ (*repeat*)

## *Angelus*

**T**he 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 Thy Word.* **Hail Mary...**

And the Word was made flesh: *(bow)* *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 Thee, O Lord, Thy Grace into our hearts; that we to whom the incarnation of Christ, Thy 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. ✠

## *Suscipe*

**T**ake, Lord, receive all my liberty, my memory, my understanding, my whole will, all that I have and all that I possess. You gave it all to me, Lord; I give it all back to you. Do with it as you will, according to your good pleasure. Give me your love and your grace; for with this I have all that I need. Amen. ✠

## *Salve Regina*

**H**ail, Holy Queen, Mother of mercy, hail 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 vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary! Amen. ✠

## *For a Holy Death*

**M**ay he support us all the day long, till the shadows lengthen and the evening comes and the busy world is hushed and the fever of life is over and our work is done – then in his mercy – may he give us a safe lodging and a holy rest and peace at last. Amen. ✠

## *A Morning Prayer*

**A**lmighty Father, you have brought us to the light of a new day; keep us safe the whole day through from every sinful inclination. May all our thoughts, words and actions aim at doing what is pleasing in your sight. We ask this through Christ our Lord. Amen. ✠

## *An Evening Prayer*

**L**ord, visit this house, we pray, and drive from it all snares of the enemy. May your holy angels dwell here to keep us in peace, and may your blessings be always upon us. We ask this through Christ our Lord. Amen.



## *A Bible Blessing*

**T**he Lord bless you and keep you! The Lord let his face shine upon you, and be gracious to you! The Lord look upon you kindly and give you peace. Amen. ✠

## *A Family Prayer*

**G**od made us a family. We need one another. We love one another. We forgive one another. We work together. We play together. We worship together. Together we use God's word. Together we grow in Christ. Together we love all people. Together we serve our God. Together we hope for heaven. These are our hopes and ideals. Help us to attain them, O God, through Jesus Christ our Lord. Amen. ✠

# *St Francis' Prayer of Conversion*

**M**ost High, Glorious God, enlighten the darkness of my heart, and give me, right Faith, certain Hope, perfect Love, with Wisdom and Knowledge Lord, that I might carry out your Holy and True command. Amen. ✠

## *Holy God – A Hymn*

**H**oly God, we praise Thy name;  
Lord of all, we bow before Thee!  
All on earth Thy sceptre own;  
All in heav'n above adore Thee.  
Infinite Thy vast domain,  
everlasting is Thy reign.

*Hark the loud celestial hymn,  
Angel choirs above are raising;  
Cherubim and Seraphim,  
In unceasing chorus praising,  
Fill the heav'ns with sweet accord.  
Holy, Holy, Holy, Lord.*



(This is an adaptation of the prayer booklet 'Blessed Be God' – which has been reproduced with permission)