

# *Prayers to Know by Heart*

- K The Sign of the Cross, Our Father, Hail Mary, Glory Be, Guardian Angel Prayer
- 1 Same as K, plus Hail Holy Queen, Blessing before and after Meals
- 2 Same as 1, plus Act of Contrition
- 3 Same as 2, plus Morning Offering, St. Michael Prayer
- 4 Same as 3, plus Rosary, Apostles' Creed, Divine Praises
- 5 Same as 4, plus Memorare, Stations of the Cross
- 6 Same as 5, plus Act of Faith, Act of Hope, Act of Love
- 7 Same as 6, plus Angelus, Regina Caeli
- 8 Same as 7, plus Prayer to the Holy Spirit, Prayer for Peace



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**Sign of the Cross**

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

**Lord's Prayer (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.

**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 will be  
forever. Amen.

**Guardian Angel Prayer**

Angel of God, my guardian dear,  
To whom God's love  
entrusts me here,  
Ever this day,  
be at my side,  
To light and guard,  
Rule and guide. 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 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.

**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 You thanks, almighty God, for all your  
benefits, who love and reign now and forever.  
Amen.

**An Act of Contrition**

O my God, I am heartily sorry for  
having offended Thee,  
and I detest all my sins,  
because I dread the loss of heaven,  
and the pains of hell;  
but most of all because  
they offend Thee, my God,  
Who are 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.

**Morning Offering**

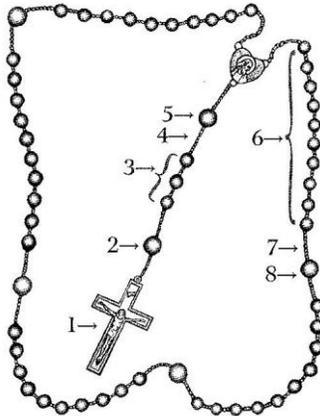
O Jesus, through the Immaculate Heart of Mary,  
I offer You my prayers, works, joys and sufferings  
of this day for all the intentions of Your Sacred  
Heart, in union with the Holy Sacrifice of the Mass  
throughout the world, in reparation for my sins,  
for the intentions of all my relatives and friends,  
and in particular for the intentions of the Holy  
Father. Amen.

**St. Michael Prayer**

St. Michael the Archangel,  
defend us in battle.  
Be our defense against the wickedness and snares  
of the Devil.  
May God rebuke him, we humbly pray,  
and do thou,  
O Prince of the heavenly hosts,  
by the power of God,  
thrust into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls. Amen.

## **The Rosary**

1. The Sign of the Cross
2. Our Father
3. 3 Hail Marys
4. Glory Be and Fatima Prayer
5. 1<sup>st</sup> Mystery
6. 10 Hail Marys
7. Glory Be and Fatima Prayer
8. 2<sup>nd</sup> Mystery, etc.



## **Mysteries of the Rosary**

### **Joyful Mysteries (Mondays & Saturdays)**

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord, Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

### **Sorrowful Mysteries (Tuesdays & Fridays)**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning of Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord, Jesus

### **Luminous Mysteries (Thursdays)**

1. The Baptism of our Lord, Jesus in the Jordan River
2. The Miracle at the Wedding Feast in Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

### **Glorious Mysteries (Wednesdays and Sundays)**

1. The Resurrection of our Lord
2. The Ascension of our Lord into Heaven
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven and Earth

## **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, and sits 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.

## **Fatima Prayer (to be said after the Glory Be during the Rosary)**

Oh, my Jesus, forgive us our sins, save us from the fires of hell, Lead all those to heaven especially those in most need of your mercy. Amen.

## **Divine Praises**

Blessed 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.

## **The 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.

### **Stations of the Cross**

1. Jesus is condemned to death
2. Jesus receives the cross
3. Jesus falls the first time
4. Jesus meets His Mother
5. Simon of Cyrene carries the cross
6. Veronica wipes Jesus' face with her veil
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls 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 taken down from the cross
14. Jesus is laid in the tomb

### **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 you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

### **Act of Hope**

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

### **Act of Love**

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite, and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

### **The Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit. Hail Mary...

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy Word. Hail Mary...

V. And the Word was made flesh.  
R. And dwelt among us. Hail Mary...

V. Pray for us, O holy Mother of God,  
R. 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.

### **Regina Caeli/Queen of Heaven**

V. Queen of Heaven, rejoice, alleluia.  
R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.  
R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.  
R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

V. Regina caeli, laetare, alleluia.  
R. Quia quem meruisti portare, alleluia.

V. Resurrexit, sicut dixit, alleluia.  
R. Ora pro nobis Deum, alleluia.

V. Gaude et laetare, Virgo Maria, alleluia.  
R. Quia surrexit Dominus vere, alleluia.

Oremus. Deus, qui per resurrectionem Filii tui, Domini nostri Iesu Christi, mundum laetificare dignatus es: praesta, quaesumus; ut per eius Genetricem Virginem Mariam, perpetuae capiamus gaudia vitae. Per eundem Christum Dominum nostrum. Amen.

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

Come, Holy Spirit, fill the hearts of Your faithful and enkindle in them the fire of Your love.  
V. Send forth Your Spirit and they shall be created.  
R. And You shall renew the face of the earth.  
Let us pray. O God, Who did instruct the hearts of the faithful by the light of the Holy Spirit, grant us that in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.

**Prayer for Peace**

Lord, 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; and 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, and it is in dying  
that we are born to eternal life.



*Saint Francis of Assisi*

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