

HOLY OWNED AND OPERATED™

Prayers to Know

Sign of the Cross

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

(As you pray, using your right hand touch your forehead, chest, left shoulder and right shoulder, in that order.)

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 will be forever. Amen.

Prayer to the Holy Spirit

Come, 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. Amen.

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Angel of God

Angel of God, my guardian dear,
To whom God's love entrusts me here,
Ever this day (night) be at my side,
To watch, to guard, to rule, to guide. Amen.

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.

Prayer after Meals

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

Act of Contrition

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.
I firmly intend, with your help, to do penance, to sin no more,
and to avoid whatever leads me to sin. Amen.

Morning Prayer

O Loving God, I give you this day
All that I think and do and say,
Uniting with what was done on earth,
By Jesus Christ, your Son.

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Evening Prayer

Dear God, before I fall asleep
I want to thank you for this day,
So full of Your kindness and Your love.
I close my eyes to rest now, safe in Your loving care. 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;
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.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness, and our hope!
To you do we cry, poor banished children of Eve;
to 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. Amen.

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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.

*(make a slight bow at the waist
when saying these words)*

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.

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Act of Faith

O my God, I firmly believe that You are one God in Three Divine Persons: the Father, the Son and the Holy Spirit. I believe in Jesus Christ, Your Son, who became a Man 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 who know all have revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

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

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

Prayer of St. Francis

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;

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.

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Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Beatitudes (Mt. 5:3-12)

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven

4 Blessed are they who mourn, for they will be comforted.

5 Blessed are the meek, for they will inherit the land.

6 Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

7 Blessed are the merciful, for they will be shown mercy.

8 Blessed are the clean of heart, for they will see God.

9 Blessed are the peacemakers, for they will be called children of God.

10 Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

11 Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. 12 Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.

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Prayers to Know

Seven Sacraments

Baptism

Eucharist

Confirmation

Penance

Anointing of the Sick

Matrimony

Holy Orders

Stations of the Cross

1. Jesus is condemned to die.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his Mother.
5. Simon helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
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 is taken down from the cross.
14. Jesus is laid in the tomb.

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Angelus (Prayed at 6AM, noon, and 6PM)

The angel of the Lord declared unto Mary.

And she was conceived of the Holy Spirit.

(Hail Mary, full of grace...)

Behold the handmaid of the Lord.

Be it done to me according to your word.

(Hail Mary, full of grace...)

And the Word was made flesh.

And dwelt among us.

(Hail Mary, full of grace...)

Pray for us, 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 the same Christ our Lord. Amen.