

# Prayers

## Sign of the Cross

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

## The Lord's Prayer

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 from evil. Amen.

## Prayer For Blessing

God, our Father,  
Bless my home and keep it safe;  
Bless my work that I may do it for your glory;  
Bless all who are suffering or in want;  
Give me the strength to accept every  
opportunity of relieving their want.  
May the Lord bless us and defend us from  
all evil and bring us to eternal life. Amen.

## Morning Prayer

Come, Holy Spirit of God, and fill my heart with your love. Help me to love and serve my neighbour so that wherever I go this day there may be peace and happiness. Keep me, my God, free from sin and evil in my thoughts, words and actions, so that in all things I may do your will.

## 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 what ever leads me to sin.  
Our Saviour Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy.

### **Prayer of St. Ignatius**

Teach us, good Lord, to serve you as you deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labour and not to ask for any reward save that of knowing that we do your holy will.

### **Glory to God**

Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. 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; 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. Amen.

### **Prayer for Faith**

O great and glorious God and my Lord Jesus Christ, enlighten I pray You, the darkness of my mind. Give me a right faith, a firm hope and a perfect charity. Grant that I may know You. O Lord, in order that I  
may always and in all things act according to Your most holy and perfect will. Amen.

### **A Prayer for the Dead**

Eternal rest give unto them, O Lord, and let your perpetual light shine upon them. May they rest in peace. Amen.

### **Glory be to the Father**

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 Rosary**

When we say the Rosary, we meditate on the life of Jesus Christ and on the glory of heaven. Each part of the Rosary is devoted to a particular incident in the life of Christ. We meditate on each of them for as long as it takes us to say the "Our Father" once and the "Hail Mary" ten times. In this way we are doing what the early Church did, "devoting ourselves to prayer with Mary, the mother of Jesus" (Acts 1. 140. She will help us to understand Jesus as only a mother can.

The joyful mysteries or incidents we meditate on are: The Annunciation (Luke 1.26), the Visitation (Luke 1. 39), The Birth of Jesus Christ (Luke 2.6). The Presentation in the Temple (Luke 2.22) and The Finding of the Child Jesus in the Temple (Luke 2.41). There are also sorrowful mysteries and glorious mysteries of the Rosary on which we meditate. We use Rosary Beads to help us to count the prayers.

The "Hail Mary", one of the popular Catholic prayers, is based on the Gospel of St. Luke, chapter 1: 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.