

# Catholic Prayers Everyone Should Know!

## *The Heritage Prayers*

### The Sign of the Cross

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

### The 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.

### The 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.

### The 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.

### Grace before Meals (Traditional)

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 (Traditional)

We give Thee thanks, O Almighty God,  
for these and all Thy benefits  
Who lives and reigns, world without end.  
Amen.

**Act of Sorrow (Traditional)**

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. Amen.

**Morning Prayer**

O Jesus, through the most pure heart of Mary,  
I offer thee all my prayers, works, joys and sufferings of this day  
for all the intentions of Thy Divine Heart,  
and particularly for the intentions of our Holy Father, the Pope. Amen.

**The Prayer to the Holy Spirit**

Come, O 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.  
And you shall renew the face of the earth.

Let us pray

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.

*or*

Come, Holy Spirit, fill the hearts of thy faithful and kindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.

Let us pray.

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 always be truly wise, and ever rejoice in his consolation. Through Christ Jesus our Lord.  
Amen

## *Traditional Marian Prayers*

### 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 thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer me.  
Amen.

### The Hail Holy Queen

Hail, 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.

### The "Sub Tuum Praesidium"

I fly to thy patronage, most holy Mother of God.  
despise not my prayers in my necessities,  
but in your mercy hear and answer me. Amen

### The Magnificat

My soul glorifies the Lord; my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.  
The Almighty works marvels for me. Holy his name!  
His mercy is from age to age, on those who fear him.  
He puts forth his arm in strength and scatters the proud-hearted.  
He casts the mighty from their thrones and raises the lowly.  
He fills the starving with good things, sends the rich away empty.  
He protects Israel, his servant, remembering his mercy,  
the mercy promised to our fathers, to Abraham and his sons for ever.  
(Glory be to the Father...  
...world without end. Amen)

### The Angelus

*V.* The angel of the Lord declared unto Mary.

***R.* And she conceived by the Holy Spirit.**

**Hail Mary ...**

*V.* Behold the handmaid of the Lord

***R.* Let it be 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.

### Mysteries of the Rosary

The Joyful Mysteries.

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The presentation of Jesus
5. The finding of Jesus in the temple

The Mysteries of Light.

1. The Baptism of Jesus in the Jordan
2. The Wedding feast at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

The Sorrowful Mysteries.

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

The Glorious Mysteries.

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

### **Simple Prayers for Children (Veritas)**

#### **Night Prayer (Veritas)**

God our Father, I come to say, thank you for your love today, thank you for my family and all the friends you give to me. Guard me in the dark of night, and in the morning give me light, Amen.

#### **Grace Before Meals (Veritas)**

Bless us O Lord as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us O Lord. Amen!

#### **Grace After Meals (Veritas)**

Thank you, God, for the food we have eaten,  
Thank you God, for all our friends,  
Thank you God, for everything,  
Thank you, God, Amen.

#### **Act of Sorrow (Veritas)**

O my God, I thank you for loving me.  
I am sorry for all my sins,  
for not loving others and not loving you.  
Help me to live like Jesus and not sin again. Amen

## **Prayers at Mass**

### **The I Confess (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.

### **The Gloria**

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks, for your great glory,  
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father:  
have mercy on us.

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.

## The 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!

## Simple Mass Responses

Priest: The grace of our Lord Jesus Christ, and the love of God, and  
the communion of the Holy Spirit be with you all.

All: **And with your spirit.**

Priest: Lord, have mercy.  
**All: Lord, have mercy.**  
Priest: Christ, have mercy.  
**All: Christ, have mercy.**  
Priest: Lord, have mercy.  
**All: Lord, have mercy**

Reading the Gospel

Priest: The Lord be with you.  
**All: And with your Spirit.**  
Priest: A reading from the Holy Gospel according to .....  
**All: Glory to you Lord.**  
Priest: The Gospel of the Lord.  
**All: Praise to you, Lord, Jesus Christ.**

The Preface

Priest: The Lord be with you.  
**All: And with your spirit.**  
Priest: Lift up your hearts.  
**All: We lift them up to the Lord.**  
Priest: Let us give thanks to the Lord, our God.  
**All: It is right and just.**

The 'Our Father'

Priest: At the Saviour's command and formed by divine teaching, we dare to say:  
**All: Our Father...**

Priest: Deliver us, Lord, we pray, from every evil ....the coming of our Saviour, Jesus Christ.  
**All: For the kingdom, the power, and the glory are yours, now and forever.**

Priest: Lord Jesus Christ, who said to your apostles: .....  
and unity in accordance with your will. Who live and reign for ever and ever.  
**All: Amen.**

Priest: The Peace of the Lord be with you always.  
**All: And with your spirit.**

Holy Communion

Priest: The Body of Christ.

**Communicant: Amen**

Priest: The Blood of Christ.

**Communicant: Amen**

Final Blessing & Dismissal

Priest: The Lord be with you.

**All: And with your spirit**

Priest: Bow down for the blessing.  
May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**All: Amen.**

Priest: Go forth, the Mass is ended

**All: Thanks be to God.**

Other Mass Responses

Priest: Pray, my brothers and sisters, that my sacrifice and yours  
may be acceptable to God, the almighty Father.

**All: May the Lord accept the sacrifice at your hands,  
for the praise and glory of his name,  
for our good, and the good of all his holy Church.**

Preface...

**All: Holy, holy, holy Lord, God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

Eucharistic Prayer

Priest: The mystery of faith

**All: We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*or*

**All: When we eat this Bread and Drink this Cup,  
we proclaim your death, O Lord,  
until you come again.**

*or*

**All:** Save us, Saviour of the world,  
for by your cross and resurrection  
you have set us free.

*Before Communion*

**All:** Lamb of God, you take away the sins of the world: have  
mercy on us. (x 2)  
Lamb of God, you take away the sins of the world: grant  
us peace.

**Priest:** Behold the Lamb of God, behold him who takes away the sins  
of the world.

Blessed are those who are called to the supper of the Lamb

**All:** Lord, I am not worthy that you should enter under my  
roof, but only say the word and my soul shall be healed.

***Traditional Prayers for the Dead***

Eternal rest grant unto (him, her, them) O Lord,  
and let perpetual light shine upon (him, her, them),  
may (he, she, they) rest in peace, Amen!

May (his, her, their) soul(s),  
and the souls of all the faithful departed,  
through the mercy of God, rest in peace, Amen!

**Priest:** May the divine assistance remain with us always;

**All:** And may the souls of the faithful departed,  
through the mercy of God,  
rest in peace. Amen.

### The De Profundis

Out of the depths I have cried to Thee O Lord!

Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou, O Lord wilt mark iniquities; Lord, who shall endure it?

For with Thee there is merciful forgiveness:

and by reason of Thy law I have waited for Thee, O Lord!

My soul hath relied on His word: my soul hath hoped in the Lord.

From the morning watch even until night: let Israel hope in the Lord.

Because with the Lord there is mercy; and with Him plentiful Redemption.

And He shall redeem Israel from all his iniquities.

Eternal rest give unto them, O Lord!

And let perpetual light shine upon them.

May they rest in peace.

Amen.

*Or*

Out of the depths I cry to you, O Lord, Lord, hear my voice.

O let your ears be attentive to the voice of my pleading.

If you, O Lord, should mark our guilt, Lord, who would survive?

But with you is found forgiveness; for this we revere you.

My soul is waiting for the Lord, I count on his word.

My soul is longing for the Lord, more than watchman for daybreak.

(Let the watchman count on daybreak and Israel on the Lord.)

Because with the Lord there is mercy and fullness of redemption.

Israel indeed he will redeem from all its iniquity.

Eternal rest give unto them, O Lord!

And let perpetual light shine upon them.

May they rest in peace.

Amen.

## *Other Traditional Devotions and Prayers*

### Stations of the Cross

1. Jesus is condemned to death
2. Jesus carries His cross
3. Jesus falls the first time
4. Jesus meets His mother
5. Simon of Cyrene helps Jesus to carry the 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. Crucifixion: 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.

### Prayers to one's Guardian Angel

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

O good Angel, whom God has appointed to be my guardian,  
enlighten and protect me,  
direct and govern me  
during this day (night) and always.  
Amen