

Catholic Family Prayers



Preschool and older-

Sign of the Cross

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

First grade and older

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 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 ever shall be, world without end. Amen

Prayer Before a Meal

Bless us, O Lord and these thy gifts, which we are about to receive, through Christ,
our Lord. Amen

Second Grade and older

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments. But most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace to sin no more and to avoid the near occasions of sin. Amen

Morning Offering Prayer

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,
for the salvation of souls, the reparation of sins, the reunion of all Christians,
and in particular for the intentions of the Holy Father this month.
Amen.

Third Grade, Fourth Grade and Older

The Apostles Creed

I believe in God, the Father Almighty, maker 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, dead, and buried;*the third day he rose from the dead ;he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit ,the holy catholic church, communion of saints ,the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.

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.

How to Pray the Rosary



The **Five Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

The **Five Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

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

The **Five Glorious Mysteries** are traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

The **Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Hail Holy Queen

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O gracious advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O holy Mother of God that we may be worthy of the promises of Christ.

Amen

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.

Fifth Grade and older

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.

Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of us your faithful and enkindle in us the fire of your
love. Send forth your spirit and we shall be created and renew the face of the earth. Amen

Sixth Grade and older

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 your 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 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.

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.

Seventh Grade and older

Luke 1:46-55 English Standard Version (ESV)

Mary's Song of Praise: The Magnificat

⁴⁶ And Mary said,

“My soul magnifies the Lord,

⁴⁷ and my spirit rejoices in God my Savior,

⁴⁸ for he has looked on the humble estate of his servant.

For behold, from now on all generations will call me blessed;

⁴⁹ for he who is mighty has done great things for me,
and holy is his name.

⁵⁰ And his mercy is for those who fear him
from generation to generation.

⁵¹ He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts;

⁵² he has brought down the mighty from their thrones
and exalted those of humble estate;

⁵³ he has filled the hungry with good things,
and the rich he has sent away empty.

⁵⁴ He has helped his servant Israel,
in remembrance of his mercy,

⁵⁵ as he spoke to our fathers,
to Abraham and to his offspring forever.”

The Divine Praises

The Divine Praises traditionally follows the Benediction of the Blessed Sacrament at Church when it is prayed by the priest and the worshippers before our Lord (in the Host) is returned to the tabernacle following adoration.

It was composed in a slightly shorter form by Luigi Felici, a Jesuit priest, in 1797, as a prayer to make reparation for blasphemy and profane language. You can recite it privately (or in group settings other than during the Benediction) for this purpose as a great way to show God, the Holy Family, and the Angels and Saints thanksgiving and praise.

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.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

Regina Coeli (for the Easter Season)

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

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

Rejoice and be glad, O Virgin Mary, alleluia. / 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

Eighth and older- maintain all prayers

Extra Prayers and Catholic Teachings

Guardian Angel Prayer

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

The 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 your 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 anything that belongs to your neighbor.

The Beatitudes

1. Blest are the poor in spirit; the reign of God is theirs.
2. Blest are the sorrowing; they shall be consoled.
3. Blest are the lowly; they shall inherit the earth.
4. Blest are they who hunger and thirst for holiness; they shall have their fill.
5. Blest are they who show mercy; mercy shall be theirs.
6. Blest are the single-hearted for they shall see God.
7. Blest are the peacemakers; they shall be called sons of God.
8. Blest are those persecuted for holiness' sake; the reign of God is theirs.

A Prayer for Catechists

O God, our heavenly father, you have given us the gift of these catechists to be heralds of the Gospel to our parish family. We lift them up to you in thanksgiving and intercede for them concerning their hopes and needs.

May we be attentive to the presence of your Word in them, a Word that lifts up and affirms, calls forth and challenges, is compassionate and consoles.

We pray that our parish family will always be blessed with those who have responded to the call to share in Christ's prophetic mission as catechists, May we too be open to the universal call to service that Christ addresses to all of his disciples, contributing our gifts to the communion of faith, the Church.

We ask this in Jesus' name.

Amen

A Prayer for Family Commitment

Dear God our father, you have called all Christian families to be a sign of your love to the world.

Help us to be generous with the gifts of life and love that you have showered on our family. May we share them so that our homes become true signs of unitive and fruitful love.

Let us never forget to thank you each day for all that sustains us and look to Christ, who comes to us in the events of family life, in the sacraments of the Church, and in service to the poor.

In all of this, our family becomes a living expression of your Church, a hallowed home of life and love. By the power of the Holy Spirit, may all of us- spouses, parents, and children- share, as members of his Body, in Jesus' mission to build civilization of love. Father, we ask this in Jesus' name in union with the Holy Spirit.

Amen

