Basic Catholic Prayers

Prayers to know by heart (guide for PSR students)

Grade 1

Sign of the Cross
In the name of the Father, and of the Son, and of the Holy Spirit. 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.

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.

Grade 2

Our Father
Our Father who art in heaven, hallowed be thy name. Thy kingdom come; they 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.

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 art 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.

Grade 3

Apostles’ Creed
I believe in God, the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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.

Grade 4

Prayer to Our 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.

Grade 5

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

Grade 6

Memorare
Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with confidence, I fly unto you, O virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.
Basic Catholic Prayers
Prayers to know by heart

THE JOYFUL MYSTERIES

The Annunciation of the Angel Gabriel to Mary
Think of...the humility of the Blessed Virgin when the Angel Gabriel greeted her with these words: "Hail full of grace."
Luke 1:26

The Visitation of Mary to Elizabeth
Think of...Mary’s charity in visiting her cousin Elizabeth and remaining for three months before the birth of John the Baptist.
Luke 1:39

The Birth of Jesus
Think of...the poverty, so lovingly accepted by Mary when she placed the Infant Jesus, our God and Redeemer, in the manger in the stable of Bethlehem.
Luke 2:5

The Presentation of Jesus in the Temple
Think of...Mary’s obedience to the law of God in presenting the Child Jesus in the Temple.
Luke 2:22

Finding Jesus in the Temple
Think of...the deep sorrow with which Mary sought the Child Jesus for three days, and the joy with which she found Him in the midst of the Teachers of the Temple.
Luke 2:41

THE LUMINOUS MYSTERIES

The Baptism of Jesus in the River Jordan
And a voice came from the heavens, saying, “This is my beloved Son, with whom I am well pleased.”
Matthew 3:17

The Wedding at Cana, Christ Manifested
Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.
John 2:11

The Proclamation of the Kingdom of God
Jesus came to Galilee proclaiming the gospel of God, “This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the gospel.”
Mark 1:15

The Transfiguration of Jesus
And he was transfigured before them; his face shone like the sun and his clothes became white as light.
Matthew 17:2

The Last Supper, The Holy Eucharist
While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.”
Matthew 26:26

THE SORROWFUL MYSTERIES

Agony of Jesus in the Garden
Think of...our Lord Jesus in the garden of Gethsemani, suffering the bitter agony of our sins.
Matthew 26:36

Jesus is Scourged at the Pillar
Think of...the cruel scourging at the pillar that our Lord suffered; the heavy blows that tore His flesh.
Matthew 27:26

Jesus is Crowned with Thorns
Think of...the crown of sharp thorns that was forced upon our Lord’s Head, and the patience with which He endured the pain for our sins.
Matthew 27:27

Jesus Carries His Cross
Think of...the heavy Cross, so willingly carried by our Lord, and ask Him to help you to carry your crosses without complaint.
Matthew 27:32

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, most gracious advocate, your eyes of mercy toward us; and after this our exile, show us the blessed fruit of your womb, Jesus. O Clement, O Loving, O Sweet Virgin Mary: (LEADER) Pray for us, O Holy Mother of God.
(ALL) That we may be made worthy of the promises of Christ.

Fatima Prayer
(may be said after the Glory Be)
O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those who have most need of your mercy.

Concluding Prayer
Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchase for us the rewards of eternal life, grant, we beseech Thee, that meditation upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.
Family Prayers

This is a collection of prayers for home use. Students are not tested on their knowledge of these prayers except that Confirmation students are tested on the parts of the Mass (as they are with the “Prayers to know by Heart” which are found on the previous two pages).

Before and after Meals

(A blessing before eating and thanksgiving after eating, acknowledging God’s goodness and our dependence on him for everything, even food and drink.)

Prayer before Meals (Blessing)

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

Thanksgiving after Meals (Grace)

We give thee thanks for all thy benefits, almighty God, who lives and reigns forever and ever. Amen.

May the souls of the faithfully departed through the mercy of God, rest in peace. Amen.

The Morning Offering

(said upon awakening in the morning)

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Most Sacred Heart; for the salvation of souls, reparation for sins, the reunion of all Christians and for the intentions of our Bishops, in particular, for those recommended by our Holy Father this month. 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 the Holy Catholic Church teaches, for it can neither deceive or be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace and life everlasting through the merits of 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 worth of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Anima Christi

(A favorite prayer of St. Ignatius of Loyola)

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Suffer me not to be separated from you.
From the malicious enemy defend me.
At the hour of death, call me.
and bid me come close to you
That with your saints I may praise you,
forever and ever. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and enkindle 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.

Let us pray…

O God, Who 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. Amen.

The Holy Sacrifice of the Mass

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