

Appendix 4 — Text of Prayers

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.

Angel of God (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.

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.

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

Grace after Meals

We give thee thanks, for all thy benefits,
Almighty God, who live and reign forever.
And may the souls of the faithful departed,
Through the mercy of God, rest in peace.
Amen.

Act of Contrition (Rite of Penance)

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.
Our Savior, Jesus Christ, suffered and died
for us. In His name, O God, have mercy on
me. Amen.

Act of Contrition (Traditional)

O my God, I am heartily sorry for having
offended Thee, and I detest all my sins
because of thy just punishments, 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 sin no more and to avoid the near
occasion of sin. Amen.

then, most gracious advocate, thine eyes of mercy toward us, and after this exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. 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 thy mercy. Amen.

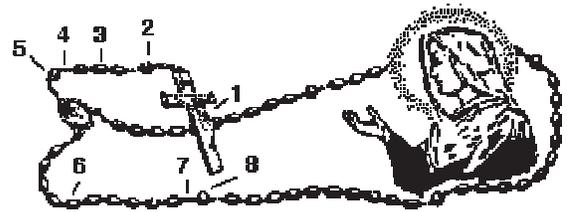
The Apostles' Creed.

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 the God the Father
almighty, from there he shall 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 the life everlasting. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, 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 valley of tears. Turn

Rosary



Begin with the Sign of the Cross.

1. Pray the *Apostles' Creed*.
2. Pray the *Our Father*.
3. Pray three *Hail Marys*.
4. Pray the *Glory Be*.
5. Announce the first mystery; then pray the *Our Father*.
6. Pray ten *Hail Marys* while meditating on the Mystery.
7. Pray the *Glory Be*.

After each decade, the *Fatima Prayer* may be prayed. Announce the second mystery; then pray the *Our Father*. Repeat 6 and 7. Continue with the third, fourth and fifth mysteries in the same manner. At the end of the rosary recite the *Hail Holy Queen*, adding:

- V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the
promises of Christ.

End with the Sign of the Cross.

Mysteries of the Rosary

The Joyful Mysteries

(Prayed on Monday and Saturday)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation

5. The Finding in Temple

The Luminous Mysteries

(Prayed on Thursday)

1. The Baptism of Jesus
2. The Wedding Feast of Cana
3. The Proclamation of the Kingdom, with the call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

The Sorrowful Mysteries

(Prayed on Tuesday and Friday)

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

The Glorious Mysteries

(Prayed on Wednesday and Sunday)

1. The Resurrection
2. The Ascension
3. The Decent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary Queen of Heaven and Earth

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 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 (Charity)

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.

The Nicene Creed

I believe in one God, the Father, the 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,

(All bow) 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.

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 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.

Divine Mercy Chaplet

(said on rosary beads)

Begin with the Sign of the Cross.

*On the first three Hail Mary beads, pray an
Our Father, Hail Mary, and the Apostles’
Creed*

On the Our Father beads, pray:

Eternal Father, I offer you the Body and
Blood, Soul and Divinity of your Son, Our
Lord Jesus Christ, in atonement for our sins
and those of the whole world.

On the Hail Mary beads, pray:

For the sake of his sorrowful Passion, have
mercy on us and on the whole world.

In conclusion, recite three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

End with the Sign of the Cross.

Prayer of Eternal Rest

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

The Divine Praises

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 Saint Joseph,
her most chaste spouse.
Blessed be God in his angels
and in his saints.

Regina Coeli

Queen of heaven, rejoice, alleluia.
The Son whom you merited to bear,
alleluia,
Has Risen as he said, alleluia.
Rejoice and be glad, O Virgin Mary,
alleluia!
For the Lord has truly risen, alleluia.
Let us pray:
O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life.
Through the same Christ our Lord. Amen.



Prayer to the Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful
R. And kindle in them the fire of your love.
V. Send forth thy Spirit and they shall be created.
R. And you shall renew the face of the earth.

Let us pray:

O God, by the light of the Holy Spirit you have taught the hearts of your faithful.
In the same Spirit, help us to know what is truly right and to always to rejoice in your consolation.
We ask this through Christ, Our Lord.
Amen.

The Magnificat

My soul proclaims the greatness
of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his
lowly servant.
From this day all generations will call me
blessed:
the Almighty has done great things for
me, and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their
conceit.
He has cast down the mighty from their
thrones, and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant
Israel for he has remembered his
promise of mercy, the promise he made
to our fathers, to Abraham and his
children forever.

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 by this confidence, I fly unto thee,
O Virgins 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.

Novena to the Sacred Heart of Jesus

O Lord Jesus Christ, to your Most Sacred
Heart I confide this intention_____.
Please look upon me then do what your
love inspires. Let your Sacred Heart
decide. I trust you. I place myself at your
mercy. Lord Jesus, you will not fail me.

Sacred Heart of Jesus, I trust in you.
Sacred Heart of Jesus, I believe in your
love for me. Sacred Heart of Jesus, your
kingdom come. Sacred Heart of Jesus, I
have asked you for many favors, but I
earnestly implore this one. Take it and
place it in your Heart. When the Eternal
Father looks upon it, he will see it within
your Precious Wounds. It will no longer be
my prayer, but yours, Jesus. *Sacred Heart
of Jesus, I place all my trust in you. Amen.*

Novena to One's Patron Saint

Glorious Saint _____, my patron, you
served God in humility and confidence on
earth. Now you enjoy the beatific vision in
heaven. You persevered till death and
gained the crown of eternal life.

Remember now the dangers confusion and
anguish that surround me and intercede for
me in my needs and troubles,
especially_____. Hear my prayer and place
it before Jesus through the intercession of
his Blessed Mother. Amen.

Litany of Humility

O Jesus! Meek and humble of heart,
hear me.
 From the desire of being esteemed,
deliver me dear Jesus.
 From the desire of being loved, ...
 From the desire of being honored, ...
 From the desire of being praised, ...
 From the desire of being preferred over
 others, ...
 From the desire of being consulted, ...
 From the desire of being approved, ...
 From the fear of being humiliated, ...
 From the fear of being despised, ...
 From the fear of suffering rebukes, ...
 From the fear of being forgotten, ...
 From the fear of being ridiculed, ...
 From the fear of being wronged, ...
 From the fear of being suspected, ...
 That others may be loved more than I,
Jesus grant me the grace to desire it.
 That others may be esteemed more than I,
Jesus grant me the grace to desire it.
 That in the opinion of the world, others
 may increase and that I may decrease,
Jesus grant me the grace to desire it.
 That others may be chosen and I set aside,
Jesus grant me the grace to desire it.
 That others may be praised and I
 unnoticed,
Jesus grant me the grace to desire it.
 That others may be preferred to me in
 everything,
Jesus grant me the grace to desire it.
 That others become holier than I, provided
 that I may become as holy as I should,
Jesus grant me the grace to desire it.
Amen.

Litany of the Blessed Virgin Mary

Lord, have mercy, *Christ, have mercy.*
 Lord, have mercy; Christ hear us,
Christ, graciously hear us.
 God, the Father of heaven,
have mercy on us.
 God the Son, the Redeemer of the world,
have mercy on us.
 God the Holy Spirit, *have mercy on us.*
 Holy Trinity, one God, *have mercy on us.*
 Holy Mary, *pray for us.*
 Holy Mother of God, ...
 Holy Virgin of virgins, ...
 Mother of Christ, ...
 Mother of the Church, ...
 Mother of divine grace, ...
 Mother most pure, ...
 Mother most chaste, ...
 Mother inviolate, ...
 Mother undefiled, ...
 Mother most amiable, ...
 Mother most admirable, ...
 Mother of good counsel, ...
 Mother of our Creator, ...
 Mother of our Savior, ...
 Virgin most prudent, ...
 Virgin most venerable, ...
 Virgin most renowned, ...
 Virgin most powerful, ...
 Virgin most merciful, ...
 Virgin most faithful, ...
 Mirror of justice, ...
 Seat of wisdom, ...
 Cause of our joy, ...
 Spiritual vessel, ...
 Vessel of honor, ...
 Singular vessel of devotion, ...
 Mystical rose, ...
 Tower of David, ...
 Tower of ivory, ...
 House of gold, ...
 Ark of the covenant, ...
 Gate of heaven, ...
 Morning star, ...
 Health of the sick, ...

Refuge of sinners, ...
Comforter of the afflicted, ...
Help of Christians, ...
Queen of angels, ...
Queen of patriarchs, ...
Queen of prophets, ...
Queen of apostles, ...
Queen of martyrs, ...
Queen of confessors, ...
Queen of virgins, ...
Queen of saints, ...
Queen conceived without original sin, ...
Queen assumed into heaven, ...
Queen of the most holy Rosary, ...
Queen of families, ...
Queen of peace, ...

Lamb of God, You take away the sins of
the world; *spare us, O Lord.*

Lamb of God, You take away the sins of
the world; *graciously hear us, O Lord.*

Lamb of God, You take away the sins of
the world; *have mercy on us.*

Pray for us, O Holy Mother of God.

*That we may be made worthy of the
promises of Christ.*

*Grant, we beg you, O Lord God, that we
your servants may enjoy lasting health of
mind and body, and by the glorious
intercession of the Blessed Mary, ever
Virgin, be delivered from present sorrow
and enter into the joy of eternal happiness.
Through Christ our Lord. Amen.*