

# Catholic Prayers and Practices

## The Sign of the Cross

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

## Hail Mary

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.

## The 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 whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have 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 power of the Holy Spirit and 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 God the Father almighty; from there he will 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 life everlasting. 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.

## Grace Before and After Meals

Before: Bless us, O Lord! and these Your gifts, which we are about to receive from Your bounty, through Christ our Lord. Amen.

After: We give You thanks for all Your benefits, O Almighty God, who lives and reigns world without end. Amen.

## The Lord's Prayer

Our Father, who art in heaven, hallowed by 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.

## Guardian Angel Prayer

Angle 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 Seven Sacraments

Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Marriage, Holy Orders

## The Ten Commandments

- I, the Lord, am your God. You shall not have other gods besides me.
- You shall not take the name of the Lord, your God, in vain.
- Remember to keep holy the Sabbath day.
- Honor your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's spouse.
- You shall not covet anything that belongs to your neighbor.

## Stations of the Cross

Jesus is condemned to death on the cross.  
Jesus accepts his cross.  
Jesus falls the first time.  
Jesus meets his sorrowful mother.  
Simon of Cyrene helps Jesus carry his cross.  
Veronica wipes the face of Jesus.  
Jesus fall the second time.  
Jesus meets and speaks to the women of Jerusalem.  
Jesus falls the third time.  
Jesus is stripped of his garments.  
Jesus is nailed to the cross.  
Jesus dies on the cross.  
Jesus is taken down from the cross.  
Jesus is placed in the tomb.

## **The Mysteries of the Rosary**

### Joyful Mysteries

The Annunciation

The Visitation

The Birth of Our Lord

The Presentation of the Child Jesus in the Temple

### Sorrowful Mysteries

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion and Death of Jesus

### Glorious Mysteries

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption of Mary into Heaven

The Crowning of Mary as Queen of Heaven and Earth

### Luminous Mysteries

The Baptism of Christ in the Jordan

Jesus' Self-manifestation at the Wedding Feast of Cana

The Announcement of the Kingdom Along with the  
Call to Conversion

The Transfiguration

The Institution of the Eucharist as the Sacramental  
Expression of the Paschal Mystery

## **The Nicene Creed**

I believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and 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 power of 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.

## **Precepts of the Church**

- You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
- You shall confess your (serious) sins at least once a year.
- You shall receive the Sacrament of the Eucharist at least during the Easter season.
- You shall observe the days of fasting and abstinence established by the Church.
- You shall help to provide for the needs of the Church.

## **Order of the Mass**

### Introductory Rites

Entrance Procession and Song

Sign of the Cross and Greeting

Penitential Rite

Glory to God

Opening Prayer

### Liturgy of the Word

First Reading

Responsorial Psalm

Second Reading

Alleluia or Gospel Acclamation

Gospel

Homily

Profession of Faith

General Intercessions

### Liturgy of the Eucharist

Preparation of the Gifts

Prayer over the Gifts

Eucharistic Prayer

Preface

Holy, Holy, Holy

Institution Narrative and Consecration

Offering

Great Amen

Communion Rite

Lord's Prayer

Sign of Peace

Breaking of the Bread: Lamb of God

Communion

Prayer after Communion

Concluding Rite-

Blessing

Dismissal

## **Memorare**

Remember, most loving Virgin Mary, never was it heard that anyone who turned to you for help was left unaided. Inspired by this confidence, though burdened by my sins, I run to your protection for you are my mother. Mother of the Word of God, do not despise my words of pleading but be merciful and hear my prayer. Amen.

### **Benediction**

This is a special prayer ritual and blessing with the Blessed Sacrament, given by a priest or deacon. This devotion developed as an extension of Eucharistic Adoration.

### **Rite of Reconciliation**

- Greet the priest.
- Make the Sign of the Cross.
- Listen as the Priest prays.
- Read from or listen to the Word of God (optional).
- Confess your sins. (Mention how long it has been since your last confession. For mortal sin, tell how often it has occurred.)
- Speak about anything that is troubling you.
- Listen to the priest's advice.
- Accept your penance.
- Pray an act of contrition.
- Receive absolution, silently making the Sign of the Cross. Respond, "Amen."
- Proclamation of praise and dismissal
- Spend some time in prayer and thanksgiving.
- Do your penance.

### **Virtues**

#### Theological Virtues

Faith, Hope, Love

#### Cardinal Virtues

Prudence, Justice, Fortitude, Temperance

### **Spiritual Works of Mercy**

Warn the sinner.  
Instruct the ignorant.  
Counsel the doubtful.  
Comfort the sorrowing.  
Bear wrongs patiently.  
Forgive all injuries.  
Pray for the living and the dead.

### **Corporal Works of Mercy**

Feed the hungry.  
Give drink to the thirsty.  
Clothe the naked.  
Visit the sick.  
Shelter the homeless.  
Visit the imprisoned.  
Bury the dead.

### **Holy Days of Obligation**

Catholics celebrate the following feasts by participating in the Eucharist on the day of the feast or the evening before.

- Solemnity of Mary, Mother of God: January 1. We honor Mary, Mother of God.
- Ascension: 14th day after Easter. Jesus ascended into heaven.
- Assumption: August 15. Mary was taken into heaven, body and soul.
- All Saints Day: November 1. We honor all the saints in heaven.
- Immaculate Conception: December 8. Mary was free from sin from the first moment of her life.
- Christmas: December 25. We celebrate the birth of Jesus.

### **The Beatitudes**

Blest are the poor in spirit: the reign of God is theirs.

Blest are the sorrowing: they shall be consoled.

Blest are the lowly: they shall inherit the land.

Blest are they who hunger and thirst for holiness: they shall have their fill.

Blest are they who show mercy: mercy shall be theirs.

Blest are the single-hearted: for they shall see God.

Blest are the peacemakers: they shall be called children of God.

Blest are those persecuted for holiness' sake: the reign of God is theirs.

### **Morning Prayer**

Almighty God, you have given us this day. Strengthen us with your power and keep us from falling into sin, so that whatever we say or think or do may be in your service and for the sake of your kingdom. Amen.

### **Evening Prayer**

Lord, watch over us this night. By your strength, may we rise at daybreak to rejoice in the resurrection of Christ, your Son, who lives and reigns for ever. Amen.