

## Morning Prayer

Father in Heaven, you love me. You are with me night and day. I want to love you always, in all I do and say. I'll try to please you, Father, Bless me through the day. Amen

## Night Prayer

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 send your light. Amen.

## Grace Before Meals

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

## Grace After Meals

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.

## The Guardian Angel Prayer

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

## Act of Sorrow

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.

## Sign of the Cross

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

## The Glory Be.

Glory be to the Father, and to the Son and to the Holy Spirit, Amen.

## Eternal Rest

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

*Psalm 129, De Profundis* Out of the depths I have cried to Thee, O Lord; Lord hear my voice. Let Thy ears be attentive to the voice of my supplication. If Thou, O Lord, wilt mark iniquities, Lord, who shall stand it? For with Thee there is merciful forgiveness, and by reason of Thy law, I have waited for Thee, O Lord. My soul has 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.

## The Angelus

The Angel of the Lord declared unto Mary:  
And she conceived of the Holy Spirit.

Hail Mary....

Behold the handmaid of the Lord:  
Be it done unto me according to Thy word.

Hail Mary . . .

And the Word was made Flesh:  
And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God, 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.

## 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 remembered his promise of  
mercy,  
the promise he made to our  
fathers,  
to Abraham and his children  
forever.

## 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.

## Hail Holy Queen (Salve Regina)

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  
toward us, and after this our exile,  
show unto us the blessed fruit of  
thy womb, Jesus, O merciful, O  
loving, O sweet Virgin Mary!  
Amen.

## 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.

## Gloria

Glory to God in the highest, and  
peace to His people on earth. Lord  
God heavenly King, almighty God  
and Father, we worship you, we  
give you thanks, we praise you for  
your glory. Lord Jesus Christ, only  
Son of the Father, Lord God, Lamb  
of God, you take away the sin of  
the world; have mercy on us; you  
are seated at the right hand of the  
Father; receive our prayer. 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 Stations of the Cross

1. Jesus is Condemned to Die
2. Jesus is Made to Bear His Cross
3. Jesus Falls the First Time
4. Jesus Meets His Mother
5. Simon Helps Jesus Carry His Cross
6. Veronica Wipes Jesus' Face
7. Jesus Falls the Second Time
8. Jesus Meets the Women of Jerusalem
9. Jesus Falls the Third Time
10. Jesus is Stripped
11. 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

## The Nicene Creed

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. I Believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; God from God, Light from Light, true God from true God begotten, not made, consubstantial with the Father, by whom all things were made. Who, for us men for our salvation, came down from heaven, and was incarnate by the Holy Spirit, born of the Virgin Mary, and was made man; he was crucified under Pontius Pilate; suffered and was

buried; on the third day He rose again, according to the Scriptures; and ascended into heaven, He sits at the right hand of the Father; and He shall come again, in glory, to judge the living and the dead; His kingdom shall have no end. I believe in the Holy Spirit, the Lord and Giver of Life; who proceeds from the Father and the Son; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets. I believe in one Holy Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins; and I look for the resurrection of the dead, and the life of the world to come.