

### 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.

## 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.

## 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.
11. Jesus is Stripped
12. Jesus is Nailed to the Cross
13. Jesus Dies on the Cross
14. Jesus is Taken Down from the Cross
15. 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.