**KEY CATHOLIC BIBLICAL TEXTS, PRACTICES AND PRAYERS**

*The catechetical process in infancy is eminently educational. It seeks to develop those human resources which provide an anthropological basis for the life of faith, a sense of trust, of freedom, of self-giving, of invocation and of joyful participation. Central aspects of the formation of children are training in prayer and introduction to Sacred Scripture. (GDC, #178)*

***Introduction***

This appendix is by no means meant to be exhaustive. When appropriate there are correlations to the *Catechism of the Catholic Church*. It is highly recommended that this resource be shared with all students and their families. Users of this resource should look up the more complete text of the biblical texts in their own bibles and seek further explanations of the practices and other prayers in the *Catechism of the Catholic Church* and other resources available from Catholic publishers and bookstores.

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**I. Biblical Texts**

**1. The Beatitudes** (Matthew 5:1-12; Luke 6:20-23) [CCC, #1716]

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

**2. Canticle of Zechariah (*Benedictus)***

 [Luke 1:68-79]

 Blessed be the Lord, the God of Israel;

He has come to His people and set them free. He has raised up for us a mighty

 Savior, born of the house of His servant

David. Through His holy prophets He promised of old that He would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember His holy Covenant. This was the oath He swore to our father Abraham: to set us free from the hands of our enemies, free to worship Him without fear, holy and righteous in His sight all the days of our life. You, my child shall be called the prophet of the Most High, for you will go before the Lord to prepare His way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our Lord the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

**3. Canticle of Mary *(Magnificat*)**

Luke 1:46-55 [2619]

My soul magnifies the Lord, andmy spirit rejoices in God my Savior,for he has looked with favor on thelowliness of his servant. Surely, fromnow on all generations will call meblessed; for the Mighty One has donegreat things for me, and holy is hisname. His mercy is for those who fearhim from generation to generation. Hehas shown strength with his arm; he hasscattered the proud in the thoughts oftheir hearts. He has brought down thepowerful from their thrones, and liftedup the lowly; he has filled the hungrywith good things, and sent the rich awayempty. He has helped his servant Israel,in remembrance of his mercy, accordingto the promise he made to our ancestors,to Abraham and to his descendantsforever.

**4. Canticle of Simeon (*Nunc Dimittis*)**

[Luke 2:29-32]

Master, now you are dismissingyour servant in peace,according to your word;for my eyes have you’re your salvation,which you have preparedin the presence of all peoples,a light for revelation to the Gentilesand for glory to your people Israel.

**5. The Ten Commandments**

(Exodus 20:1-17; Deuteronomy 5:6-22;known as the *Decalogue*), [2055-56ff]

 1. I am the Lord your God; you shall not have strange gods before me.

 2. You shall not take the name of the

 Lord your God in vain.

 3. Remember to keep holy the Lord’s day.

 4. Honor your father and your mother.

 5. You shall not kill.

 6. You shall not commit adultery.

 7. You shall not steal.

 8. You shall not bear false witness against your neighbor.

 9. You shall not covet your neighbor’s wife.

10. You shall not covet your neighbor’s goods.

**6. Fruits of the Spirit**

 (derived from the Vulgate translation of

 Galatians 5:22-23) [1832]

1. Traditional wording:

Charity

 Joy

 Peace

 Patience

 Kindness

 Goodness

 Long-suffering

 Humility

 Fidelity

 Modesty

 Continence

 Chastity

 b) Alternate wording:

 (New Revised Standard Version)

 Love

 Joy

 Peace

 Patience

 Kindness

 Goodness

 Faithfulness

 Gentleness

 Self-control

 Modesty

 Continence

 Chastity

**7. Gifts of the Spirit**

 (Isaiah 11:1-3) [CCC, #1830]

 a) Traditional wording:

 Wisdom

 Understanding

 Counsel

 Fortitude

 Knowledge

 Piety

 Fear of the Lord

 b) Alternate wording:

 Wisdom

 Understanding

 Judgment

 Courage

 Knowledge

 Reverence

Wonder/awe in the Lord’s presence

**8. Great Commandment** (Luke 10:27)

 1. You shall love the Lord your God with all your heart, and with all your soul, with all your strength, and with all your mind.

 2. You shall love your neighbor as yourself.

**9. The New Commandment** (John 15:12)

“This is my commandment, that you love one another as I have loved you.”

**10. Psalm 23**

 The LORD is my shepherd,

I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name’s sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff – they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

**11. Psalm 63**

(part of Morning Prayer or *Lauds*)

O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory.

Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; I will lift up my hands and call on your name. My soul is satisfied as with a rich feast, and my mouth praises you with joyful lips.

I think of you on my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I sing for joy. My soul clings to you; your right hand upholds me.

But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword, they shall be prey for jackals. But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped.

**12. Psalm 141**

(part of Evening Prayer or *Vespers*)

I call upon you, O LORD; come quickly to me; give ear to my voice when I call to you. Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice.

Set a guard over my mouth, O LORD; keep watch over the door of my lips. Do not turn my heart to any evil, to busy myself with wicked deeds in company with those who work iniquity; do not let me eat of their delicacies. Let the righteous strike me; let the faithful correct me.

Never let the oil of the wicked anoint my head, for my prayer is continually against their wicked deeds. When they are given over to those who shall condemn them, then they shall learn that my words were pleasant. Like a rock that one breaks apart and shatters on the land, so shall their bones be strewn at the mouth of Sheol.

But my eyes are turned toward you,

O God, my Lord; in you I seek refuge; do not leave me defenseless. Keep me from the trap that they have laid for me, and from the snares of evildoers. Let the wicked fall into their own nets, while I alone escape.

**II. Devotional Practices**

**1. Benediction- Rite of Eucharistic Exposition and Benediction**

CCC, #1378,1416

 Traditional format:

 Exposition

* Song [such as “O Saving

Victim/*O Salutaris*”] (optional)

* Ciborium or monstrance taken from tabernacle (place of reservation) and placed upon altar
* Incensation

 Adoration

* Prayers
* Songs [such as “Come Adore/

*Tantum Ergo*”] or reading (optional)

* Reverence the monstrance or ciborium
* Silence

 Benediction

* Priest makes Sign of the Cross over people with monstrance or ciborium

 Reposition

* Sacrament placed back in tabernacle
* The Divine Praises (optional)
* Song or Acclamation (optional)

 Alternate format:

 Introductory Rite

* Call to worship
* Expression of worship –

(song or psalms)

 Liturgy of the Word

* Incensation of the Scripture (optional)
* Proclamation of the Word
* Response: prayer or song (optional)
* Homily and/or silent meditation

 Exposition/Benediction

* Exposition of the Blessed Sacrament on the altar
* Incensation of the Blessed Sacrament
* Song/prayer of exposition
* Priest blesses with the Blessed Sacrament or “Benediction”
* Reposition

 Concluding Rite

* Canticle (of Zechariah, Mary, or

Simeon)

* Prayers of Intercession
* Concluding Prayer
* Blessing and Dismissal
* Divine Praises (optional)

**2. Days of Fasting and of Abstinence**

 (Fasting: #1434, 1438)

 (Abstinence: #2015, 1043)

* *Fasting* means limitations on food or drink. Until 1966, in the modern

Church the regulations for days of fasting allowed the taking of only one full daily mail, plus breakfast and a “collation” (light meal).

* *Abstaining* (or *abstinence*) means refraining from certain kinds of food or drink, typically meat. From the first century Friday, the day of the crucifixion, has been traditionally observed as a day of abstaining from flesh meat to honor Christ who sacrificed his flesh on a Friday.

 a. Universal fasting (those 18–59 years old) and abstinence (those 14 years old and above) days are:

* Ash Wednesday
* Good Friday

 b. Fridays in Lent are days of abstinence

**3. Praying the Rosary & Mysteries of the**

 **Rosary** [CCC, #2678, 2708, cf. 1674]

 **Praying the Rosary**

 (a) Hold the crucifix and pray the Apostles’ Creed.

 (b) Pray the Lord’s Prayer when holding each single bead.

 (c) Pray the Hail Mary on each bead in a group of three or ten. A group of ten Hail Marys is called a decade of the Rosary.

 (d) After each group of Hail Marys, pray the Glory Be.

 (e) Close the Rosary by praying the

 Hail, Holy Queen.

**Mysteries of the Rosary**

Joyful Mysteries

1. The Annunciation

2. The Visitation

3. The Nativity

4. The Presentation

5. Finding Jesus in the Temple

Sorrowful Mysteries

1. The Agony in the Garden

2. The Scourging

3. Crowning with Thorns

4. Carrying the Cross

5. The Crucifixion

Glorious Mysteries

1. The Resurrection

2. The Ascension

3. The Coming of the Holy Spirit

4. The Assumption

5. Coronation of Mary as Queen of Heaven

Luminous Mysteries

1. Baptism of the Lord

2. Wedding Feast at Cana

3. Proclamation of the Kingdom

 (Sermon on the Mount)

4. Transfiguration

5. Institution of the Eucharist

 (Last Supper)

**4. The Way of the Cross**

 (also known as Stations of the Cross)

 [CCC, #2669]

 1. Jesus is condemned to die.

 2. Jesus takes up cross.

 3. Jesus falls the first time.

 4. Jesus meets his mother.

 5. Simon helps Jesus carry cross.

 6. Veronica wipes the face of Jesus.

 7. Jesus fall the second time.

 8. Jesus meets the women of Jerusalem.

 9. Jesus falls the third time.

 10. Jesus is stripped of his garments.

 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.

**5. The Divine Mercy Chaplet**

 (a) On a set of rosary beads, begin with the Sign of the Cross, the Lord’s Prayer, the Hail Mary and the Apostles’ Creed.

 (b) Beginning the first decade (“Lord’s

Prayer” bead), say the following:

*Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.*

 (c) On the ten “Hail Mary” beads, say the following:

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

 (d) Repeat steps b & c for all five decades.

 (e) Conclude with (three times):

 *Holy God, Holy Mighty One, Holy*

*Immortal One, have mercy on us and on the whole world.*

**III. Liturgical Practices**

**1. Celebration of Sunday Mass**

 (see also Holy Days of Obligation and

 Order of Mass below)

 [CCC, #1166-67]

Sunday celebration of the Lord’s Day and his Eucharist is at the heart of the life of the Catholic Church (CCC,

#2177-79). Although there has recently been some misunderstanding about the seriousness of this obligation, the precept of the Church specifies it clearly:

* On Sundays and other holy days of obligation the faithful are bound to participate in the Mass [CCC #2180;

Code of Canon Law (Can.1247)]

* This obligation is satisfied by participation at a Mass celebrated anywhere in a Catholic Rite either on the holy day or on the evening of the preceding day. (Can. 1248 par. 2).

**2. Holy Days of Obligation**

 (observed in the United States)

 [CCC # 2042]

In the United States, six “holy days of obligation” have been designated on which the community is expected to gather for the Celebration of the Eucharist just as it does on Sunday.

 These days are:

 1. Christmas, the Nativity of the Lord -

 December 25

 2. Mary, Mother of God - January 1

 3. Ascension – Thursday of the sixth week of Easter

 4. Assumption - August 15

 5. All Saints - November 1

 6. Immaculate Conception - December 8

When January 1, August 15, or November 1 falls on a Saturday or a Monday, the feast is celebrated, but the obligation to participate in the Eucharist is removed. However, the Immaculate Conception and Christmas are always holy days of obligation. In the State of Illinois and most dioceses in the United States, the Ascension has been transferred to the following Sunday.

**3. Liturgy of the Hours**

 (also called the Breviary; Divine Office)

 [CCC, #1174-78]

 a) The Church’s full cycle of daily prayer, often opened with the *Venite*

*Exsultemus* (Psalm 95). The fulfillment of the obligation to pray at stated times: in the morning, in the evening, and before retiring. Called the Divine Office (sacred duty), it was updated by Vatican II and published as The Liturgy of the Hours in 1971. The book used for its celebration was called the breviary. It is referred to as the *Opus Dei* (Latin: Work of God) by the Benedictines.

 b) The *Catechism of the Catholic Church* teaches (CCC #1175) that the Liturgy of the Hours is intended to become the prayer of the whole

People of God and encourages the common celebration of the principal hours, like vespers (evening prayer), in common on Sundays and solemn feasts. This prayer ministry is to include all the baptized, either with priests, among themselves, or even individually.

 c) The current order of the revised Liturgy of the Hours is:

First Hour: Office of Readings (corresponding to ancient Matins)

Second Hour: Morning Prayer (Lauds)

Third Hour: Daytime Prayer (Middle Hour)

 Fourth Hour: Evening Prayer (Vespers)

 Fifth Hour: Night Prayer

 d) The communal celebration of simpler forms of Morning and

Evening Prayer are highly encouraged. These two “Hours” should normally include:

* The singing of a hymn related to the season, feast, or time of day
* The singing or reciting of one or more psalms
* A brief reading from Scripture
* The singing of the Canticle of Zechariah in the morning or the Canticle of Mary in the evening
* Intercessory Prayers – including the Lord’s Prayer

**4. The Liturgical Year**

 (CCC, #1163-78)

1. The Liturgical (or Church) Year allows us to celebrate and experience the mystery of our redemption in Christ by recalling the great events of salvation history in the celebration of the liturgy.

 b) Advent Season (CCC, #522-24; 840; 1040) is the beginning of the liturgical year in the Western Church. The four week season focuses first on preparing us for Jesus’ final coming as Lord at the end of time, and during the last eight days on preparing to recall the first Christmas, his coming in history. If Christmas is on a Sunday, Advent is a full four weeks. If Christmas in on a Monday, Advent is at its shortest.

 c) Christmas Season (CCC, #525-526) is the celebration of Jesus’ birth and epiphany (manifestation) and is second in significance only to the Easter Season. Its feasts include the following:

* Christmas – December 25
* Holy Family – the Sunday after

Christmas

* Mary, Mother of God – January 1
* Epiphany – in the U.S., the Sunday after January 1
* Baptism of the Lord – usually the Sunday after Epiphany.

 d) Lent (CCC, #540; 1095; 1478) is the penitential season of six Sundays and weekdays preparing for the feast of Easter. Lent begins on Ash Wednesday and ends with the beginning of the Mass of the Lord’s Supper in the evening on Holy Thursday. Historically and now again with the restoration of the Rite of Christian Initiation of Adults, Lent is the retreat-like final preparation period for those being initiated into the Church and into the Paschal mystery at the Easter Vigil. It is also a time for those already baptized to renew their baptismal commitment. Holy Week refers to the week beginning with Palm or Passion Sunday and ending with Holy Saturday.

 e) The Triduum:

* begins with the evening Mass of the Lord’s Supper on Holy

Thursday

* continues through the celebration of the Lord’s Passion on Good Friday
* culminates with the Easter Vigil
* concludes with the Evening Prayer of Easter Sunday.

 f) The Easter Season (CCC, #1217 begins with celebration of the Easter Vigil on Holy Saturday evening. It is the oldest Christian feast (“feast of feasts” or “Great Sunday”) which celebrates Christ’s resurrection. This season is the centerpiece of the Christian liturgical year. It is also known as “the Great Fifty Days” and refers to the period from Easter Sunday to Pentecost Sunday, a celebration of our participation in Christ’s resurrection. The last week, Ascension through Pentecost, focuses on the promise of the presence and power of the Holy Spirit.

 g) Ordinary Time is the name for the 33 or 34 weeks in the Church year (depending upon Easter) that are apart from the Advent/Christmas and Lent/Easter seasons. This is the part of the liturgical year when no particular aspect of the Christian mystery is celebrated. Rather, during Ordinary Time, we focus on the reality that all time is “ordered” by God.

 h) Other Feast days honoring Christ and the Saints

* Solemnities celebrate events, beliefs, and persons of the greatest importance and universal significance in salvation history. Their observance begins with evening prayer of the preceding day. Examples of such solemnities celebrating the mystery of Jesus are March 25 (the Annunciation); Corpus Christi (Feast of the Body and Blood of Christ) on the Sunday after Trinity Sunday (the Sunday after Pentecost); the Sacred Heart (Friday after Corpus Christi); and the feast of Christ the King (last Sunday in ordinary time). Examples of solemnities honoring the Saints include Joseph, husband of Mary (March 19); Birth of John the Baptist (June 24); and Peter and Paul, Apostles (June 29).
* Feasts are of lesser significance and include such days as the Transfiguration (August 6); Triumph of the Cross (September 14); the Dedication of St. John Lateran, Basilica – the Mother Church of Catholicism and the Pope’s Cathedral (November 9); and Our Lady of Guadalupe (December 12).
* Memorials are less significant than solemnities and feast days. Optional memorials are important to a local country, Church, or religious community. An example of a memorial is Our Lady of the Rosary (October 7).

**5. Order of the Mass (Eucharist, the Lord’s Supper, Sacrifice of the Mass**)(CCC, #1332; cf. 1088, 1382, 2192)

 A. Introductory Rites

* Entrance (with song)
* Veneration of the Altar and Greeting
* Penitential Rite or Rite of Blessing and Sprinkling with Holy Water
* Glory to God (*Gloria* – except during Advent and Lent)
* Opening Prayer

 B. Liturgy of the Word

* First Reading (usually from the Old Testament or the Acts of the Apostles)
* Responsorial Psalm
* Second Reading from New Testament Letters (not on weekdays unless a Feast day
* Gospel Acclamation (Alleluia, except during Lent)
* Gospel Reading
* Homily
* Profession of Faith (Creed)
* General Intercessions

 C. Liturgy of the Eucharist

* Preparation of the Gifts (with music or song)
* Eucharistic Prayer (with sung acclamations – Holy, Holy, Holy [*Sanctus*]; Memorial Acclamation; Great Amen)
* Distribution of Communion (with song)

 D. Concluding Rite

* Greeting
* Blessing
* Recessional (with song)

**6. Receiving Holy Communion (see also**

 **the Seven Sacraments, Eucharist)**

 (CCC, #1382)

1. To receive Holy Communion, you must be free from mortal sin. You must be sorry for any venial sin committed since your last confession. The penitential rite at the beginning of Mass is an opportunity to express your sorrow.
2. To honor the Lord, we fast for one hour before receiving Holy Communion. Fasting means going without food and drink, except water and medicine.
3. Catholics are required to receive Holy Communion at least once a year during Easter time. But it is important to receive Holy Communion often – if possible, at every Mass.
4. Catholics may receive Holy Communion twice a day. The second time, however, that one receives Holy Communion, according to current Church law, it must be received during a Mass and not outside of Mass.

**7. Sacrament of Penance (also called**

 **Confession, Reconciliation)**

 (CCC, #980,1422,1440)

 A. Individual Rite of Reconciliation

 a. Welcome

 b. Reading from Scripture (optional)

 c. Confession of sins

 d. Priest assigns a penance

 e. Act of Contrition

 f. Absolution

 g. Closing Prayer

 B. Communal Rite of Reconciliation

 a. Greeting

 b. Reading from Scripture

 c. Homily

 d. Examination of Conscience with Litany of Contrition and the Lord’s Prayer

 e. Individual Confession, assigning of Penance and Absolution

 f. Closing Prayer

**8. The Seven Sacraments**

 (CCC, #1210)

 1. Baptism (CCC, #977, 1213ff; 1275, 1278)

 2. Confirmation (CCC. #1285)

 3. Eucharist (CCC, #1322ff; 2177)

 4. Reconciliation (CCC, #1422; 1442-1468)

 5. Anointing of the Sick (CCC, #1499, 1520, 1527, 1526-32)

 6. Holy Orders (CCC, #1536)

 7. Marriage (Matrimony, CCC, #1601)

**IV. Moral Practices**

**1. Cardinal Virtues**

 (CCC, #1805 & 1834)

 1. Prudence

 2. Justice

 3. Fortitude

 4. Temperance

**2. Theological Virtues**

 (CCC, #1813)

 1. Faith

 2. Hope

 3. Charity (Love)

**3. Corporal Works of Mercy**

 **(for the body)**

(CCC, #2447)

 1. Feed the hungry.

 2. Give drink to the thirsty.

 3. Clothe the naked.

 4. Shelter the homeless.

 5. Visit the sick.

 6. Visit the imprisoned.

 7. Bury the dead.

**4. Spiritual Works of Mercy**

 **(for the spirit)**

(CCC, #2447)

 1. Counsel the doubtful.

 2. Instruct the ignorant.

 3. Admonish the sinner.

 4. Comfort the sorrowful.

 5. Forgive injuries.

 6. Bear wrongs patiently.

 7. Pray for the living and the dead.

**5. Precepts of the Church**

 (CCC, #2041)

The Precepts of the Catholic Church are a description of the minimum actions required of Catholics. The Church uses these precepts to remind us that Christian life requires a commitment to prayer and active participation in the liturgy and sacraments. Intentional violation of the precepts is a grave matter.

1. *You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.*

We must sanctify the day commemorating the Resurrection of the Lord (Sunday), as well as the principal feast days, known as holy days of obligation. This requires attending Mass, and by resting from those works and activities which could impede such a sanctification of these days.

1. *You shall confess your sins at least once a year.*

We must prepare for the Eucharist by means of the Sacrament of Reconciliation (Confession). This sacrament continues Baptism’s work of conversion and forgiveness.

1. *You shall receive the sacrament of the Eucharist at least during the Easter season.*

This guarantees as a minimum the reception of the Lord’s Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy.

1. *You shall observe the days of fasting and abstinence established by the Church.*

“The fourth precept ensures the times of ascesis and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart” [CCC, #2041-2043]. It is strongly recommended to observe Friday abstinence throughout the year, but Catholics are permitted to substitute another penitential practice or act of charity on Fridays outside of Lent.

1. *You shall help to provide for the needs of the Church.* “The fifth precept means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability” [CCC, #2041-2043].

**V. Prayers**

**1. Act of Contrition**

1. 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 are 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.
2. 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 occasions of sin.
3. 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.
4. Jesus, I am sorry for all of my sins because I have offended you, myself and my neighbor. With your strength, one day at a time, I will live my life as you want me to.
5. My God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against you and your Church. I firmly intend, with the help of your Son to make up for my sins and to love as I should.

**2. Act of Faith**

1. O my God, I firmly believe that Youare one God in three Divine Persons,Father, Son and Holy Spirit; I believe that Your Divine Sonbecame man, and died for our sins,and that He will come to judge theliving and the

dead. I believe theseand all the truths which the HolyCatholic Church teaches, becauseYou have revealed them, who canneither deceive nor be deceived.

b. O God, we believe in all that Jesushas taught us about you. We place allour trust in You because of Yourgreat love for us.

**3. Act of Hope**

1. O my God, relying on Your almightypower and infinite mercy andpromises, I hope to obtain pardon ofmy sins, the help of Your grace, andlife everlasting, through the merits ofJesus Christ, my Lord andRedeemer.

b. O God, we never give up on Yourlove. We have hope and will workfor Your kingdom to come and for alife that lasts forever with You inheaven.

**4. Act of Love**

a. O my God, I love You above allthings, with my whole heart andsoul, because You are all good andworthy of all my love. I love myneighbor as myself for the love ofYou. I forgive all who have injuredme, and ask pardon of all whom Ihave injured.

b. O God, we love You above allthings. Help us to love ourselves andone another as Jesus taught us to do.

**5. The Angelus (The Angel**)

V. The angel of the Lord declared untoMary.

R. And she conceived by the Holy Spirit.Hail, Mary…

V. Behold, I am the handmaid of the Lord.

R. Let it be done to me according toyour 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 become worthy of the promises of Christ.

Let us pray.Pour forth, we beseech you, O Lord, yourgrace into our hearts, that we to whomthe Incarnation of Christ, your Son, wasmade known by the message of an angel,may by His passion and cross be broughtto the glory of His resurrection, throughthe same Christ Our Lord. Amen.

**6. 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 theHoly Spirit, born of the Virgin Mary, 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 atthe right hand of the Father. He will comeagain 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.

**7. The Divine Praises**

(*often used in context of Benediction*)

 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 holysacrament 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 immaculateconception.

Blessed be her glorious assumption.

Blessed be the name of Mary, virgin andmother.

Blessed be St. Joseph, her most chastespouse.

Blessed be God in his angels and in hissaints.

 May the heart of Jesus, in the Most Blessed Sacrament, be praised,adored, and loved with gratefulaffection, at every moment, in all thetabernacles of the world, even to theend of time. Amen.

**8. Nicene Creed**

I believe in one God, the Father 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, 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.

**9. Evening Prayer**

 a. 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 forever and ever. Amen.

 b. God, our Father, this day is done. We ask you and Jesus Christ, your Son, that with the Spirit, our welcome guest, you guard our sleep and bless our rest. Amen.

**10. Glory Prayer (*Gloria Patri*)**

 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.

**11. Grace before Meals**

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

**12. Grace After Meals**

 We give you thanks, almighty God, for these and all Your blessings which we have received from your bounty, through Christ our Lord. Amen.

**13. Hail Mary (*Ave Maria*)**

 Hail, Mary, full of grace, the Lord is with thee; blessed are 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.

**14. The Lord’s Prayer**

**(Our Father, *Pater Noster*)**

Our Father, who art in heaven, hallowedbe thy name; thy kingdom come, thy willbe done on earth, as it is in heaven. Giveus this day our daily bread; and forgiveus our trespasses as we forgive thosewho trespass against us; and lead us notinto temptation, but deliver us from evil.

**15. Memorare (Remember)**

a. Remember, O most gracious VirginMary, that never was in known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this 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.

 b. 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.

**16. Morning Offering**

 a. Most holy and adorable Trinity, one God in three Persons, I praise you and give you thanks for all the favors you have bestowed on me. Your goodness has preserved me

 until now. I offer you my whole being and in particular all my thoughts, words, and deeds, together with all the trials I may undergo this day. Give them your blessing. May your divine love animate them and may they serve your greater glory. I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy sacrifice of the Mass, and in union with his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord. Amen.

1. Almighty God, I thank you for your past blessings. Today I offer myself, whatever I do, say, or think, to your loving care. Continue to bless me, Lord. I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy sacrifice of the Mass, and in union with Mary, his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord. Amen.

 c. O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

**17. 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. We ask this through Christ our Lord. Amen.

**18. Praise Prayer (from Psalm 118)**

Give thanks to the Lord, for he is good, for his mercy endures forever.

**19. Prayer before a Crucifix**

Good and gentle Jesus, I kneel before you. I see and I ponder your five wounds. My eyes behold what David prophesied about you: “They have pierced my hands and feet; they have counted all my bones.” Engrave on me this image of yourself. Fulfill the yearnings of my heart: give me faith, hope, and love, repentance for my sins, and true conversion of life. Amen.

**20. Prayer for the Church**

Remember, Lord, your holy Church. Deliver us from evil. Make us perfect in your love. Gather us from the four corners of the earth, and make us holy men and women. For the kingdom, the power, and the glory are yours now and forever. Amen.

**21. Prayer to the Holy Spirit (Come, Holy Spirit)**

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

 V. Send forth your Spirit and they shall be created.

 R. And You shall renew the face of the earth.

 Let us pray. O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.

**22. Prayer for Peace (attributed to St. Francis of Assisi)**

Lord, make me an instrument of your peace. Where there is hatred, let me sow love, where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

**23. The Breastplate of St. Patrick**

 **(attributed to St. Patrick)**

I arise today through a mighty strength:the invocation of the Trinity,through belief in the Threeness,through confession of the Onenessof the Creator of creation.

I arise today through the strength ofChrist with his baptism, through thestrength of his crucifixion with hisburial, through the strength of hisresurrection with his ascension,through the strength of his descent forthe judgment of doom.

I arise today through the strength of thelove of cherubim, in obedience ofangels, in the service of the archangels,in the hope of resurrection to meet withreward, in the prayers of patriarchs, inpredictions of prophets, in preachings ofapostles, in faiths of confessors, ininnocence of holy virgins, in deeds ofthe righteous.

I arise today, through the strength ofheaven: light of sun, brilliance of moon,splendor of fire, speed of lightning,swiftness of wind, depth of sea,stability of earth, firmness of rock.

I arise today, through God’s strength topilot me: God’s might to uphold me,God’s wisdom to guide me, God’s eye tolook before me, God’s ear to hear me,God’s word to speak for me, God’s handto guard me, God’s way to lie before me,God’s shield to protect me, God’s host tosecure me: against snares of devils,against temptations of vices, againsteveryone who shall wish me ill, afar andanear, alone and in a crowd.

I summon today all these powersbetween me and these evils: againstevery cruel and merciless power thatmay oppose my body and my soul,against incantations of false prophets,against black laws of heathenry, againstfalse laws of heretics, against craft ofidolatry, against spells of witches, smithsand wizards, against every knowledgethat endangers body and soul.

Christ to protect me today againstpoison, against burning, againstdrowning, against wounding, so thatthere may come abundance of reward.

Christ with me, Christ before me, Christbehind me, Christ in me, Christ beneathme, Christ above me, Christ on my right,Christ on my left, Christ in breadth,Christ in length, Christ in height, Christin the heart of everyone who thinks ofme, Christ in every eye that sees me,Christ in every ear that hears me.

I arise today through a mighty strength:the invocation of the Trinity, throughbelief in the Threeness, throughconfession of the Oneness of the Creatorof creation. Praise to the Salvation of theLord. Salvation is of Christ the Lord.

**24. Sign of the Cross**

(CCC, #2157; cf. 786)

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

**25. St. Therese Vocation Prayer**

*To be said each Tuesday for an increase of**vocations to the priesthood and religious life.*

a. Jesus, our brother, your mission on earth was to seek out the sick, rejected, broken, the sinner and the forsaken. Send our Spirit of mission and ministry to those you have chosen to become priests, brothers, sisters or deacons. We pray that your Kingdom of love may spread into all hearts. May your Kingdom come. Amen. *St. Therese, patroness of vocations,* *pray for us.*

b. O Mary, St. Therese ever turned to you in love, telling you her desires in simplicity and trust, and begging you to speak of them to Jesus. With her, we ask you to offer our prayers to your Son for an increase in vocations to the priesthood and consecrated life in our diocese. Place within the hearts of men and women a love which is strong enough to lead them to devote their lives to the service of the Church. Help them to respond to your Son’s call with a love that will spend itself in service to their brothers and sisters. Amen. *St. Therese, patroness of vocations,* *pray for us.*

1. St. Therese, you answered the Lord’s call to become love in the heart of the Church by entering Carmel, and living the hidden life of contemplative prayer, fasting, and self-offering for the mission of the Church and the salvation of souls. Through your gracious intercession, grant our prayers for an increase in vocations to the priesthood and consecrated life in our diocese. Beg our Lord to send us laborers who will be true disciples of the Lord – faithful to the service of His Church, the pursuit of holiness, and always eager to place the needs of others before their own. We make this prayer in the name of Jesus Christ our Lord. Amen. *Saint Therese, patroness of vocations,* *pray for us.*

**26. Regina Caeli**

*This prayer replaces the Angelus during**the Easter season.*

V. Queen of heaven, rejoice. Alleluia.

R. For He whom you were privileged tobear, Alleluia.

V. Has risen as He said, Alleluia.

R. Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin Mary, Alleluia.

R. For the Lord has truly risen, Alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant we beseech you, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

**27. St. Michael the Archangel**

St. Michael the Archangel, defend us inbattle; be our safeguard against thewickedness and snares of the devil. May Godrebuke him, we humbly pray, and do thou, OPrince of the heavenly host, by the power ofGod, cast into hell Satan and all the evilspirits, who wander about the world seekingthe ruin of souls. Amen.

**28. Angel of God**

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.

**29. Hail, Holy Queen**

Hail, holy Queen, mother of mercy, our life,our sweetness, and our hope. To thee do wecry, poor banished children of Eve. To theedo we send up our sighs, mourning andweeping in this valley of tears. Turn then,most gracious advocate, thine eyes of mercytoward us, and after this our exile, showunto us the blessed fruit of thy womb, Jesus.O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of thepromises of Christ.

**30. Prayer to St. Joseph**

O, St. Joseph, whose protection is so great, sostrong, so prompt before the throne of God, Iplace in you all my interest and desires. O,St. Joseph, do assist me by your powerfulintercession, and obtain for me from yourdivine Son all spiritual blessings throughJesus Christ, our Lord; so that, havingengaged here below your heavenly power, Imay offer my thanksgiving and homage tothe most loving of Fathers. Oh, St. Joseph, Inever weary contemplating you, and Jesusasleep in your arms; I dare not approachwhile He reposes near your heart. Press Himin my name and kiss His fine head for meand ask Him to return the kiss when I drawmy dying breath. St. Joseph, patron ofdeparting souls, pray for us. Amen.

**31. Anima Christi**

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 malignant enemy defend me.In the hour of my death call me.And bid me to come to You,That with your Saints I may praise YouForever and ever. Amen.

**32. Prayer for the Holy Father**

V. Let us pray for our Holy Father,Pope \_\_\_\_\_\_\_.

R. May the Lord preserve him, and givehim life, and make him blessed upon theearth, and deliver him not into the handsof his enemies.

Let us pray.Almighty and everlasting God, have mercyupon Your servant \_\_\_\_\_\_\_, our HolyFather, and direct him, according to Yourloving kindness, in the way of eternalsalvation; that, of Your gift, he may everdesire that which is pleasing unto You andmay accomplish it with all his might,through Christ Our Lord. Amen.

**33. Prayer Before Recess**

Dear Jesus, as we go out for recess today,help everyone to have fun. Help us tofollow the playground rules, keep us safe,and protect us from unkind words andactions. If we see someone who feels sad,alone or excluded from the group, help us tomake them feel welcome. May our timetogether at recess and throughout the day befull of joy and happy memories. Amen.

**34. Jesus Prayer**

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**35.** **Prayer to the Sacred Heart of Jesus**

O most holy Heart of Jesus, fountain of every blessing, I adore Thee, I love Thee and with a lively sorrow for my sins, I offer Thee this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Thy will. Grant, good Jesus, that I may live in Thee and for Thee. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Thy blessing on all that I do, and the grace of a holy death. Within Thy Heart I place my every care. In every need let me come to Thee with humble trust saying, Heart of Jesus help me. Amen.

**36. Invocations to the Sacred Heart**

Merciful Jesus, I consecrate myself today and always to Thy Most Sacred Heart.

Most Sacred Heart of Jesus, I implore, that I may ever love Thee more and more.

Most Sacred Heart of Jesus, I trust in Thee.

Most Sacred Heart of Jesus, have mercy on us!

Sacred Heart of Jesus, I believe in Thy love for me.

Jesus, meek and humble of heart, make my heart like unto Thine.

Sacred Heart of Jesus Thy Kingdom Come.

Most Sacred Heart of Jesus, convert sinners, save the dying, deliver the Holy Souls in Purgatory. Amen.