

# Catholic Prayers & Precepts

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## The Sign of the Cross

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

Using your right hand, you should touch:

- your forehead at the mention of the Father;
- your heart at the mention of the Son;
- your left shoulder on the word "Holy"
- and your right shoulder on the word "Spirit."

## 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.  
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.

## 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

## Act of Contrition (current)

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O my God,  
I am sorry for all my sins  
I love you and will try hard to do better.  
Thank you for your love.  
Amen

## Act of Contrition (traditional)

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O, my God,  
I am heartily sorry  
for having offended you.  
I detest all my sins  
because of your just punishment,  
but most of all because they offend you,  
my God, who are all-good  
and deserving of all my love.  
I firmly resolve,  
with the help of Your grace,  
to sin no more  
and to avoid the near occasions of sin.  
Amen.

## The Angelus

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The angel spoke God's message to Mary,  
and she conceived of the Holy Spirit.

*Hail Mary....*

"I am the lowly servant of the Lord:  
Let it be done to me according to your word."

*Hail Mary....*

And the Word became flesh  
And lived among us.

*Hail Mary....*

Pray for us, holy Mother of God, that we may  
become worthy of the promises of Christ.

Let us pray.

Lord, Fill our hearts with your grace: once,  
through the message of an angel you  
revealed to us the Incarnation of your Son;  
now, through his suffering and death  
lead us to the glory of his resurrection.

We ask this through Christ our Lord.

Amen

## Hail, Holy Queen

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Hail, holy Queen, mother of mercy,  
hail our life, our sweetness, and our hope.  
To you we cry, the children of Eve;  
to you we send up our sighs,  
mourning and weeping in this land of exile.  
Turn, then most gracious advocate,  
your eyes of mercy toward us;  
lead us home at last  
and show us the blessed fruit of your womb,  
Jesus:  
O clement, O loving, O sweet Virgin Mary

## Memorare

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Remember, most loving Virgin Mary,  
never was it heard  
that anyone who turned to you for help  
was left unaided.  
Inspired by this confidence,  
through 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

## Apostles' Creed

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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 the Holy Spirit  
and born of the Virgin Mary.  
He 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 at the right hand  
of the father.  
He will come again 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

## Nicene Creed

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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.

## **The Canticle of Mary, The Magnificat**

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My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior.  
For he has looked upon his handmaid's  
lowliness; behold, from now on will all ages  
call me blessed.  
The mighty One has done great things for me,  
and holy is his name.  
His mercy is from age to age to those who fear  
him.  
He has shown might with his arm,  
dispersed the arrogant of mind and heart.  
He has thrown down the rulers from their throne  
but lifted up the lowly.  
The hungry he has filled with good things;  
the rich he has sent away empty.  
He has helped Israel his servant,  
Remembering his mercy,  
according to his promise to our fathers,  
to Abraham and to his descendants forever.

## **Prayer for Vocation**

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Dear God,  
You have a great and loving plan  
for our world and for me.  
I wish to share in that plan fully, faithfully, and  
joyfully.  
Help me to understand what it is you wish me to  
do with my life.  
Help me to be attentive to the sign that you give  
me about preparing for the future.  
Help me to learn to be a sign of the kingdom of  
God whether I'm called to the priesthood or  
religious life, the single or married life.  
And once I have heard and understood your call,  
give me the strength and the grace to follow  
it with generosity and love. Amen

## **The Canticle of Zechariah**

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Blessed be the Lord, the god of Israel,  
for he has visited and brought redemption  
to his people.  
He has raised up a horn for our salvation.  
Within the house of David his servant,  
even as he promised through the mouth of his  
holy prophets from old:  
salvation from our enemies and from the  
hand of all who hate us,  
to show mercy to our fathers  
and to be mindful of his holy covenant  
and of the oath he swore to Abraham our  
father,  
and to grant us that, rescued from the hand  
of enemies,  
without fear we might worship him in holiness  
and righteousness before him all our days.  
And you, child, will be called prophet of the  
Most High,  
for you will go before the Lord to prepare his  
ways, to give his people knowledge of  
salvation through the forgiveness of their  
sins,  
because of the tender mercy of our God  
by which the daybreak from on high  
will visit us  
to shine on those who sit in darkness and  
death's shadow, to guide our feet into the  
path of peace.

## The Precepts of the Church

- You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
- You shall confess your 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 by the Church.
- You shall help to provide for the needs of the Church.

## Corporal Works of Mercy

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

## The Holy Days of Obligation

*(celebrated by the Church in the United States)*

- Solemnity of Mary, Mother of God (Jan. 1)
- Ascension (when celebrated on Thursday during the Easter Season)\*
- Assumption of Mary (August 15)
- All Saints Day (November 1)
- Immaculate Conception (December 8)
- Christmas (December 25)

*\*Some dioceses celebrate the Ascension on the following Sunday.*

## Spiritual Works of Mercy

- Admonish the sinner.  
(Give correction to those who need it.)
- Instruct the ignorant.  
(Share our knowledge with others.)
- Counsel the doubtful.  
(Give advice to those who need it.)
- Comfort the sorrowful.  
(Comfort those who suffer.)
- Bear wrongs patiently.  
(Be patient with others.)
- Forgive all injuries.  
(Forgive those who hurt us.)
- Pray for the living and the dead.