

YEAR OF PRAYER



Diocese of
Shrewsbury

Foundational Catholic Prayers

Sign of the Cross

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

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.

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.

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.

The Apostle's 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 Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell, on the third day He arose again from the dead. He ascended into Heaven, and is seated at the right hand of God the Father Almighty; from thence He shall 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 the life everlasting. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, 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 valley 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 clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

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Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, We fly unto thee, O Virgin of virgins my Mother; to thee do we come, before thee we stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer them. Amen.

The Angelus

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

Hail Mary, full of grace...

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

Hail Mary, full of grace...

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

Hail Mary, full of grace...

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.

Saint Michael Prayer

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

Act of Contrition

O my God, I am heartfully sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because I have offended thee my God, who is 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 occasion of sin. Amen.

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. Hide me within your wounds, keep me close to you, defend me from the evil enemy, call me at the hour of my death, and bid me to come to you, to praise you with your saints, forever and ever. Amen.

Miraculous Medal Prayer

O Mary, Conceived without Sin, pray for us who have recourse to thee, and for those who do not have recourse to thee, especially the enemies of the Church. Amen.

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Morning Offering

Dear Lord, I do not know what will happen to me today — I only know that nothing will happen that was not foreseen by you and directed to my greater good from all eternity. I adore your holy and unfathomable plans, and submit to them with all my heart for love of you, the pope, and the Immaculate Heart of Mary. Amen.

Guardian Angel Prayer

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.

Prayer of Surrender

Lord Jesus Christ, take all my freedom, my understanding, and my will. All that I have and cherish you have given to me. I surrender it all to be guided by your will. Your love and your grace are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more. Amen.

Grace Before Meals

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

Grace After Meals

We give thee thanks for all thy benefits, O Almighty God, who lives and reigns, world without end. Amen.

For the dead

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.