

Contents:

Page 4: Section 1: Common Prayers

Page 5: Hail Mary Page 6: The Lord's Prayer Page 7: Glory Be to the Father Page 8-12: The Rosary Page 13: Grace Before Meals

Page 14: Section 2: Prayers for other Occasions

Page 15: Hail Holy Queen Page 16: Act of Contrition Page 17: Come Holy Spirit Page 18 - 19: The Magnificat Page 20: Act of Faith Page 21: The Memorare Page 22 - 23: Benedictus Page 24 - 25: The Angelus Page 26: Eternal Rest a Prayer for the Dead

Section 1 Common Prayers of the Church

Hail Mary

The Hail Mary is said because we are praising and thanking God for Blessing the Virgin Mary as the Mother of Jesus, His son. The Prayer shows respect and honour to Mary as she gave herself to God so freely.

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.

The Lord's Prayer

The Lord's Prayer is one of the most important prayers of the church. By praying the Lord's Prayer, we learn how to use our faith to do Jesus' will in the world.

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.

Glory Be To The Father

This prayer usually follows many other prayers, it is a way of summing up all your feelings and intentions at the end of longer or several prayers. It is an expression of glory or praise of God.

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

- This prayer is a compilation of a number of liturgical texts drawn from the Mass.

- The Office of Pentecost and the Votive Mass of the Holy Spirit.

- For each mystery or decade, we say one Our Father, ten Hail Marys and the Glory Be, these are recited out loud.

The Joyful Mysteries (Recited Monday and Saturday)

- The Annunciation (Luke 1:26–38)
- The Visitation (Luke 1:39–45)
- The Nativity (Luke 2:1–7)
- -The Presentation in the Temple (Luke 2:22-

The Finding in the Temple (Luke 2:41–52)

35

The Rosary is usally said during the months of May and October.

The Glorious Mysteries (Recited Wednesday and Sunday)

- The Resurrection (Matthew 28:1–8)
- The Ascension (Acts 1:6–11) T
- The Descent of the Holy Spirit (Acts 2:1–12)
- The Assumption (1 Thessalonians 4:13–19)

- The Coronation of Mary Queen of Heaven and - Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)

The Mysteries of Light (Recited Thursday)

The Baptism of Jesus (Matthew 3:13–17)
The Wedding Feast of Cana (John 2:1–12)
The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)
The Institution of the Eucharist

The Sorrowful Mysteries (Recited Tuesday and Friday)

- The Agony in the Garden (Mark 14:32–42)
- The Scourging at the Pillar (Matthew 27:15–26)
- The Crowning with Thorns (Matthew 27:27–31)
- The Carrying of the Cross (John 19:15–17; Luke 23:27–32)
- The Crucifixion (Luke 23:33–38, 44– 46)

Concluding Prayer of The Rosary

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

R. That we may be made worthy of the promises of Christ.

O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord.

Grace Before Meals

This prayer is said before a meal as a way of saying thank you to God, for making the earth and everything in it. This prayer is also said in thanksgiving to the people who grow, prepare and make the food we eat.

Bless us, O Lord, and these your gifts which we are about to receive from your bounty. Through Christ our Lord.

Amen.

Section 2 Prayers for other Occasions

Hail Holy Queen

A well known prayer about Mary, asking her to pray for us. The Salve Regina is one of the Marian Anthems sung at Night Prayer.

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 clement, O loving, O sweet Virgin Mary.

Act Of Contrition

One of the prayers used by the Penitent's (someone going to confession) it is a prayer of sorrow found in the Rite of Penance.

O my God, because you are so good, I am very sorry that I have sinned against you, and with the help of your grace I will not sin again.



Come' Holy Spirit

The prayer is asking God to send the Holy Spirit to give us a new heart.

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

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

R. And you will renew the face of the earth.

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

The Magnificat

The 'Magnificat' means 'it Praises.' The 'Magnificat' is taken from Luke's Gospel, it is the Blessed Virgin Mary's hymn of Praise to the Lord.

My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Saviour, for he has looked upon his handmaid in her lowliness; for behold, from this day forward, all generations will call me blessed. For the Almighty has done great things for me, and holy is his name. His mercy is from age to age for those

who fear him.

He has made known the strength of his arm and has scattered the proud in their conceit of heart. He has cast down the mighty from their thrones and has exalted those who are lowly. He has filled the hungry with good things and has sent the rich away empty. He has helped his servant Israel, mindful of his mercy, even as he promised to our fathers, to Abraham and his descendants for ever.

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 Act Of Faith

This prayer provides us with an opportunity to communicate with God.

My God, I believe in you and all that your Church teaches, because you have said it, and your word is true.

Act of Hope

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

Act of Love

My God, because you are so good, I love you with all my heart, and for your sake, I love your neighbour as myself.

The Memorare

The Memorare is a Catholic Prayer seeking the intercession/ intervention of help from the Blessed Virgin Mary. It can be said at anytime, but especially during times of difficulties or distress. **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 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.

Benedictus

The 'Benedictus' prayer is often sung and proclaims the Blessings of God. It is a song of thanksgiving.

Blessed be the Lord God of Israel: for he has visited his people and redeemed them; he has raised up for us a horn of salvation in the House of David his servant, as he spoke through the mouth of his holy ones, his prophets from ages past: To grant salvation from our foes, and from the hand of all who hate us, showing mercy to our faith remembering his holy covenant; the oath he swore to Abraham our father, oath

he swore to Abraham our father,

To grant that freed from the hand of our foes, we may serve him without fear in holiness and righteousness all the days of our life. And you, little child, will be called the Prophet of the Most High, for you will go before the Lord to make ready his ways: to grant knowledge of salvation to his people by the forgiveness of their sins; Through the tender mercy of our God, the Dawn from on high will visit us, to shine on those who sit in darkness, and those in the shadow of death; to guide our feet into the way of peace.

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.

The Angelus

It is a good prayer for Advent because it helps us to remember the events of the Annunciation as we hear how Mary said, 'Yes' to God's call.

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary....

V. Behold the handmaid of the Lord.

R. Be it done unto me according to



thy 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 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, your 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.

Eternal Rest. A Prayer For Those who have Died

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

Amen.

