

THESE POPULAR PRAYERS CAN BE SAID SEPARATELY OR AS A PART OF THE ROSARY

THE SIGN OF THE CROSS

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

THE APOSTLES' 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 rose again from the dead. He ascended into Heaven, and is seated at the right hand of God the Father Almighty; from there He will 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 life everlasting. Amen.

THE OUR FATHER (THE LORD'S PRAYER)

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 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 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.

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.

- V. Pray for us, O Holy Mother of God.
- R. That we may be made worthy of the promises of Christ.

THE MYSTERIES OF THE HOLY ROSARY

THE JOYFUL MYSTERIES (*Mondays & Saturdays, may be said on Sundays during Advent and Christmas*):

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

THE SORROWFUL MYSTERIES

(*Tuesdays & Fridays, may be said on Sundays during Lent*):

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

THE GLORIOUS MYSTERIES

(*Wednesdays & Sundays*):

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

THE LUMINOUS MYSTERIES (*Thursdays*):

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

THESE CATHOLIC TEACHINGS AND PRAYERS CAN HELP YOU PREPARE FOR A HOLY CONFESSION

EXAMINATION OF CONSCIENCE

What sins have I committed, against God and neighbor, in my thoughts and in my words, in what I have done, and in what I have failed to do?

ACT OF CONTRITION

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 I have offended 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. Amen.



THE TEN COMMANDMENTS

- I. I am the Lord your God. You shall have no other gods before me.
- II. You shall not take the name of the Lord your God in vain.
- III. Remember the sabbath day, to keep it holy.
- IV. Honor your father and your mother.
- V. You shall not kill.
- VI. You shall not commit adultery.
- VII. You shall not steal.
- VIII. You shall not bear false witness against your neighbor.
- IX. You shall not covet your neighbor's wife.
- X. You shall not covet your neighbor's goods.

THE PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter Season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

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POPULAR PRAYERS AND SELECTED TEACHINGS OF THE CATHOLIC CHURCH



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PRAYERS

COME HOLY SPIRIT

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

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

R. And Thou shalt renew the face of the earth.

Let us pray: O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations. 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 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.

THE ANGELUS

(Traditionally prayed at 6 a.m., 12 noon, and 6 p.m.)

V. The Angel of the Lord declared unto Mary:

R. And she conceived of the Holy Spirit.

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.

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 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.



PRAYER TO ST. JOSEPH

Oh St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord. So that, having engaged here below your Heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. Oh, St. Joseph, I never weary contemplating you, and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath. Oh, St. Joseph, Patron of departing souls, pray for me.

PRAYER TO ST. MICHAEL, THE ARCHANGEL

St. 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 hosts, by the power of God, thrust into hell Satan and all the evil spirits who prowl about the world, seeking the ruin of souls. Amen.

DAILY OFFERING

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, for the salvation of souls, in reparation for sins, for the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

A PRAYER BEFORE MASS BY ST. GERTRUDE THE GREAT

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home and within my family. Amen.

ANIMA CHRISTI BY ST. IGNATIUS OF LOYOLA

(After Communion or after Holy Mass)

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 Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of my death call me. And bid me come to you, to praise you with all your saints for ever and ever. Amen.

ACT OF FAITH

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that Your Divine Son became man, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, Who are eternal truth and wisdom, Who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

ACT OF HOPE

O my God, relying on Your infinite goodness and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, My Lord and Redeemer. Amen.

ACT OF LOVE

O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

DOCTRINAL SECTION

THE TWO GREAT COMMANDMENTS

Jesus said:

1. "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment."
2. "And a second is like it: you shall love your neighbor as yourself." (Mt. 22:37-39)

THE EIGHT BEATITUDES

1. Blessed are the poor in spirit, for theirs is the kingdom of Heaven.
2. Blessed are those who mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit

the earth.

4. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of Heaven.

THE FOUR CARDINAL VIRTUES

Prudence • Justice • Fortitude • Temperance

THE SEVEN CAPITAL SINS

Pride • Wrath • Avarice • Lust • Envy • Gluttony • Sloth

THE SEVEN GIFTS OF THE HOLY SPIRIT

Wisdom • Understanding • Counsel • Fortitude • Piety • Knowledge • Fear of the Lord

THE SEVEN SPIRITUAL WORKS OF MERCY

Instruct the Ignorant • Counsel the Doubtful
• Admonish the Sinner • Comfort the Sorrowful
• Forgive Injuries • Bear Wrongs Patiently • Pray for the Living and the Dead

THE SEVEN CORPORAL WORKS OF MERCY

Feed the Hungry • Give Drink to the Thirsty • Shelter the Homeless • Visit the Sick • Visit the Prisoners • Bury the Dead • Give Alms to the Poor

SACRAMENTS OF THE CATHOLIC CHURCH

WHAT ARE THE SACRAMENTS?

"The Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us." (Catechism of the Catholic Church, 1131)

THE SEVEN SACRAMENTS

• Baptism • Confirmation • the Eucharist • Penance (Reconciliation) • the Anointing of the Sick • Holy Orders and Matrimony (Catechism of the Catholic Church, 1210).

