

# COMMON PRAYERS AND GUIDELINES OF THE CATHOLIC CHURCH

## PRAYERS & SACRAMENTS OF THE CHURCH

### 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. 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.

### PRAYER TO THE GUARDIAN ANGEL

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, rule and guide. Amen.

### BLESSING BEFORE MEALS

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

### BLESSING AFTER MEALS

We give You thanks for these and all Your gifts, almighty God, who lives and reigns forever. Amen.

### ANOTHER PRAYER FOR MEALTIME

We give you thanks, O Lord, for this food and drink which we are about to share. We pray for those through whose efforts it has reached our table; for those who have prepared it, for those here to share it, and for those who, though absent from our table, are never absent from our hearts. May we all share your heavenly banquet. In the name of the Father, + and of the Son, and of the Holy Spirit. Amen.

### PRAYER BEFORE THE GOSPEL (while making the sign of the cross over these named areas)

Christ be + in my mind + on my lips + and in my heart. Amen.

# HOW TO PRAY THE HOLY ROSARY

1. Make *The Sign of the Cross* and pray *The Apostles' Creed*.
2. Pray the *Our Father*.
3. Pray three *Hail Marys* and the *Glory Be*.
4. Announce the first mystery. Pray the *Our Father*.
5. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
6. Announce the second mystery. Pray the *Our Father*.
7. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
8. Announce the third mystery. Pray the *Our Father*.
9. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
10. Announce the fourth mystery. Pray the *Our Father*.
11. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
12. Announce the fifth mystery. Pray the *Our Father*.
13. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
14. Pray the *Hail Holy Queen*.

## THE MYSTERIES OF THE ROSARY

### Joyful Mysteries (*Mondays & Saturdays*)

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

### Luminous Mysteries (*Thursdays*)

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

### Sorrowful Mysteries (*Tuesdays & Fridays*)

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

## FATIMA PRAYER

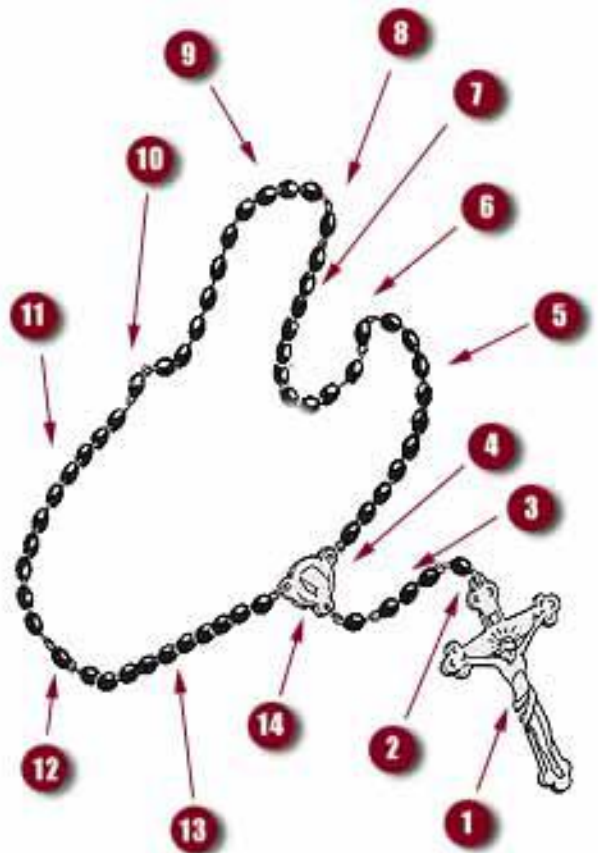
O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls into heaven, especially those most in need of your mercy.

## HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve; to you do we sigh, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O merciful, O loving, O sweet Virgin Mary!

V/. Pray for us holy Mother of God.

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



### Glorious Mysteries (*Wednesdays & Sundays*)

1. The Resurrection of our Lord.
2. The Ascension of our Lord to Heaven.
3. The Descent of the Holy Spirit.
4. The Assumption of Mary into Heaven.
6. The Coronation of Mary as Queen of Heaven.

## **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments; 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.

## **MORNING PRAYER**

Father, help us through this day that it may be spent in Your service. In all our thoughts, words and actions, may we do Your will faithfully for love of You and our brothers and sisters. Amen.

*Pray one Our Father and three Hail Mary's.*

## **EVENING PRAYER**

O God, I adore You, and I love You with all my heart. I thank You for having created me and saved me by Your grace, and for having preserved me during this day. I pray that You will take for Yourself whatever good I might have done this day, and that You will forgive me whatever evil I have done. Protect me this night, and may Your grace be with me always. Amen.

*Pray one Our Father and three Hail Mary's.*

## **THE APOSTLES' CREED**

I believe in God, the Father the 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 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 life everlasting. Amen.

## **THE 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,

*At the words that follow up to and including and became man, all bow.*  
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.

## **ACT OF FAITH**

O my God, I firmly believe in all that Your holy catholic and apostolic Church approves and teaches, since it is You, the infallible Truth, who revealed it to your Church. Amen.

## **ACT OF HOPE**

O my God, with a firm confidence I hope in you, that You will grant me, through the merits of Jesus Christ, the assistance of Your grace, and that if I have kept Your commandments, You will bestow life everlasting, according to Your promises, You who are almighty and whose word is truth. Amen.

## **ACT OF LOVE**

O my God, I love You with my whole heart, with my whole soul, with all my strength, and, above all things, because you are infinitely good and infinitely lovable. Also for love of You, I love my neighbor and myself. Amen.

## **THE TEN COMMANDMENTS** *(in order)*

1. I am the Lord your God; you shall not have other gods besides Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep God's day holy.
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 lie.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## **THE BEATITUDES** *Mt 5: 1-10*

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me. Rejoice and be glad, for your reward will be great in heaven.

## **PRAYER TO THE HOLY SPIRIT**

Come Holy Spirit, fill the hearts of your faithful and kindle 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, you have instructed the hearts of the faithful by the light of the Holy Spirit. Grant that through the same Holy Spirit we may be truly wise and rejoice in his consolation. Through Jesus Christ our Lord. Amen.

## **BYZANTINE PRAYER TO THE HOLY SPIRIT**

Heavenly King, comforter, Spirit of truth, Who are everywhere present and fill all things; treasury of blessings and giver of life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious Lord. Amen.

## **THE JESUS PRAYER**

Lord Jesus Christ, have mercy on me, a sinner.

## **THE ANGELUS**

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, Your 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. Amen.

## **THE MEMORARE**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, and sought your intercession was left unaided. Inspired by this confidence, I fly to 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.

## **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 Host, by the Power of God, thrust into hell Satan and all evil spirits who wander the earth seeking the ruin of souls. Amen.

## **THE STATIONS OF THE CROSS**

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls 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.

# THE TEACHINGS OF THE CHURCH

## THE PRECEPTS OF THE CHURCH

1. To keep holy the day of the Lord's resurrection; to worship God by participating in the Mass every Sunday and Holy Day of Obligation; to avoid those activities that would hinder renewal of soul and body on the Sabbath (e.g., needless work and business activities, unnecessary shopping).
2. To lead a sacramental (small "s") life; to receive Holy Communion frequently – at least once a year, between the first Sunday of Lent and Trinity Sunday; to receive the Sacrament of Penance, or Reconciliation, regularly - at least once a year if serious sin is involved.
3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the Marriage Laws of the Church; to give one's children religious training by word and example; to use Catholic schools and religious education programs.
5. To strengthen and support the Church: The parish community and the priest, the world Church and the Pope.
6. To do penance, abstain from meat and fast from food on the appointed days of Lent.
7. To support and involve oneself in the mission spirit and activity of the Church.

## DAYS OF PENANCE

The days of Advent, Ash Wednesday, The days of Lent (especially Fridays).

## SPECIAL PENANCES

Not eating meat, eating less, giving up snacks, saying extra prayers, being silent, doing kind deeds, reading from the Bible, attending the Eucharist on weekdays, giving money to the poor or to special causes.

## THE CORPORAL WORKS OF MERCY

(see Mt 25: 31-46)

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

## THE SPIRITUAL WORKS OF MERCY

1. Convert the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive injuries
7. Pray for the living and the dead

## THE SEVEN GIFTS OF THE HOLY SPIRIT (see Is 11: 2 ff.)

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

## THE NINE FRUITS OF THE HOLY SPIRIT (see Gal 5: 22-23)

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Generosity
7. Faithfulness
8. Gentleness
9. Self-Control

## **THE FOUR CARDINAL VIRTUES**

*(see Wis 8: 7)*

1. Prudence
2. Justice
3. Fortitude
4. Temperance

## **THE THREE THEOLOGICAL VIRTUES**

*(1 Cor 13: 13)*

1. Faith
2. Hope
3. Love

## **THE SEVEN CAPITAL (DEADLY) SINS**

*A capital vice is that which has an exceedingly desirable end so that in his desire for it a man goes on to the commission of many sins all of which are said to originate in that vice as their chief source. It is not then the gravity of the vice in itself that makes it capital but rather the fact that it gives rise to many other sins. St. Thomas defines them as:*

1. Pride (arrogance)
2. Avarice (covetousness)
3. Lust (impurity)
4. Wrath (anger)
5. Gluttony (lack of self-control)
6. Envy (jealousy)
7. Sloth (laziness)

## **THE CHURCH'S LITURGICAL YEAR**

### **Season: Advent**

Time: Four weeks preceding Christmas

Meaning: Season of joyful waiting for the Lord's coming

### **Season: Christmas**

Time: Christmas Eve through the feast of Jesus' baptism (Sunday after January 6, Epiphany)

Meaning: Celebration of the birth of Jesus and the birth of new life of His followers

### **Season: Ordinary Time**

Time: Monday after the feast of Jesus' baptism until Ash Wednesday

Meaning: Time of recalling certain important events in Jesus' public life

### **Season: Lent**

Time: Ash Wednesday to the Mass of the Lord's Supper on Holy Thursday

Meaning: Season of penitential preparation for Jesus' death and resurrection

### **Season: Easter Triduum**

Time: Last three days of Holy Week, beginning with the Mass of the Lord's Supper

Meaning: Commemoration of Jesus' "passing over" from suffering and death to resurrection

### **Season: Easter**

Time: Easter Vigil through Pentecost Sunday

Meaning: Celebration of the resurrection and ascension, and of Pentecost, the fulfillment of Jesus' promise of the Holy Spirit

### **Season: Ordinary Time**

Time: Monday after Pentecost Sunday to the first Sunday of Advent

Meaning: Time of commemorating the Trinity, the Eucharist and other faith mysteries

## **HOLY DAYS OF OBLIGATION – ALL SUNDAYS AND . . .**

1. Solemnity of Mary, Mother of God (January 1)
2. The Assumption of Mary (August 15)
3. All Saint's Day (November 1)
4. The Immaculate Conception of Mary (December 8)
5. Christmas Day (December 25)

## **THE SACRAMENTS**

### **THERE ARE SEVEN SACRAMENTS**

The Sacraments of Initiation are *Baptism, Confirmation* and *Eucharist*.

The Sacraments of Vocation are *Marriage* and *Holy Orders*.

The Sacraments of Healing are *Reconciliation* and *Anointing of the Sick*.

### **THE SACRAMENTS OF INITIATION (3)**

The **Sacrament of Baptism** brings about a lifelong relationship with the Father, Son and Holy Spirit. It also makes us members of Jesus' community of faith.

The symbols used in Baptism are:

- **Water**, which is a substance necessary for life. When immersed in water, you "die" and all your sins are purged, so that when you rise from the water, you rise into a new life.
- **Oil**, which was used in the early church as a healing ointment.
- **White Garments**. White is the color that represents purity and transformation of life.
- **Fire**, or the lighted candle, which represents the acceptance of Jesus as light of the world.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Eucharist** invites the community to share in the life, death, and resurrection (i.e., the paschal mystery) of Jesus Christ through his word and through His meal.

The symbols used in Eucharist are:

- **Bread**, which was a common food in the early Church. When the wheat was ground, the grains became inseparable from the mass. It represents our humanity.
- **Wine**, which was a common drink of the early Church. It is joyous and tasteful. Like grains of wheat, the grapes become inseparable from each other and represent our humanity.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Confirmation** brings a person to a new level of Christian Maturity. At confirmation, the recipient receives the gift of the Holy Spirit, usually by a bishop.

The symbols used in Confirmation are:

- **Oil**, which is the healing symbol used to cleanse you from illness and bring you to a healthy beginning. It also represents wealth, power, dignity, etc.
- **Words**, which make the symbols visible signs of our faith.

### **THE SACRAMENTS OF VOCATION (2)**

The **Sacrament of Holy Orders** calls special members of the community into Sacramental Ministry.

The symbols used in Holy Orders are:

- **Hands**, which the Bishop lays on the ordained. Hands represent power, friendship, love and peace.
- **Words**, which make the symbols visible signs of our faith.



The **Sacrament of Marriage**, which calls couples into a special relationship with God and each other.

The symbol used in Marriage is:

- **Words**, or the vows of the man and woman, which makes the union of the two symbols in marriage (namely, the man and the woman).

## **THE SACRAMENTS OF HEALING (2)**

The **Sacrament of Penance**, which brings the person closer to God through the forgiveness of his/her sins.

The symbols used in Penance are:

- **Hands**, which the minister lays on the recipient. Hands represent power, friendship, love and peace.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Anointing of the Sick**, which brings God closer to the recipient during a time of duress in the recipient's life.

The symbols used in Anointing of the Sick are:

- **Oil**, which was used in the early church as a healing ointment.
- **Hands**, which the minister lays on the recipient. Hands represent power, friendship, love and peace.
- **Words**, which make the symbols visible signs of our faith.

## **MARKS OF THE CHURCH (list and explain)**

**One:** The Church is **one** because of her source, foundation, and bonds of unity in Christ.

**Holy:** The Church is **holy** because she is united with Christ, Who through the Church sanctifies all people making possible holiness in life.

**Catholic:** The Church is **catholic** in that the Church is universal (all people at all times and all places)

**Apostolic:** The Church is **apostolic** because she can trace her teaching and authority back to the Apostles and thus to Christ.

## **THE SEVEN THEMES OF CATHOLIC SOCIAL TEACHING - from the USCCB**

1. Life and Dignity of the Human Person
2. Call to Family, Community, and Participation
3. Rights and Responsibilities
4. Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers
6. Solidarity - We are one human family
7. Care for God's Creation