



**ST. JOHN THE EVANGELIST
CATHOLIC SCHOOL
1008 ENCINITAS BLVD.
ENCINITAS, CA 92024**

CATHOLIC PRAYERS



Table of Contents

Prayer

Sign of the Cross.....	1
Our Father.....	1
Glory Be.....	1
Angel of God.....	1
Hail Mary.....	2
Act of Contrition.....	2
Prayer to the Holy Spirit.....	2
Grace Before Meals.....	3
Act of Faith.....	3
Act of Hope.....	3
Act of Love.....	3
Nicene Creed.....	4
Apostles' Creed.....	5
Morning Offering.....	6
Prayer of St. Francis.....	6
Magnificat.....	7
Memorare.....	7
Rosary.....	8
Hail Holy Queen.....	9
Angelus.....	9



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 we send up our sighs,
mourning and weeping in this vale of tears.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile,
show to us the blessed fruit
of your 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.

Angelus

For centuries, the Church has recited the Angelus three times a day in honor of Christ's Incarnation and the Blessed Virgin Mary.

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 to me according to Your 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 You, 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.



Rosary

Joyful Mysteries

Monday and Saturday

1. The Annunciation (Humility)
2. The Visitation (Charity)
3. The Nativity (Poverty)
4. The Presentation (Obedience)
5. The Finding in the Temple (Piety)

Luminous Mysteries

Thursday

1. Baptism of Jesus (Openness to the Holy Spirit)
2. Wedding at Cana (To Jesus through Mary)
3. Proclaiming the Kingdom (Repentance and Trust in God)
4. Transfiguration (Desire for Holiness)
5. Institution of the Eucharist (Adoration)

Sorrowful Mysteries

Tuesday and Friday

1. The Agony in the Garden (Contrition)
2. The Scourging at the Pillar (Purity)
3. The Crowning with Thorns (Courage)
4. The Carrying of the Cross (Patience)
5. The Crucifixion (Self-denial)

Glorious Mysteries

Sunday and Wednesday

1. The Resurrection (Faith)
2. The Ascension (Hope)
3. The Descent of the Holy Spirit (Love)
4. The Assumption (Eternal Happiness)
5. The Crowning of Mary (Devotion to Mary)

Sign of the Cross

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

This prayer, combined with the sign of the Cross, serves as the beginning and conclusion of every prayer and action. It sanctifies (makes holy) our lives in consecration (dedicates in service) to the three persons of the Blessed Trinity.

Our Father (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.

In response to the request of the disciples that Our Lord teach them how to pray, Jesus gives them the Our Father, truly a summary of the gospel and at the center of the Scriptures (CCC 2773-2774).

Glory Be (The Doxology)

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.

A profession of praise of the Blessed Trinity, this prayer has been in use since the early days of the Church.

Angel of God

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.

Hail Mary

Hail Mary, full of grace! The Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

This prayer is formally called the "Angelic Salutation" since it is based on a passage from the Gospel of Luke which contains the first line of the prayer. In the beginning of the 12th century, the first part of the prayer was in common use in the liturgy of the West. The second part of the prayer, beginning "Holy Mary" was added about the 15th century.



Act of Contrition

My God,

I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against You
whom I should love above all things.

I firmly intend, with Your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.

In His name, my God, have mercy. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit,

fill the hearts of your faithful

and enkindle in them the fire of your love.

Send forth your Spirit and they shall be created

and you will renew the face of the earth.

Magnificat (Canticle of Mary)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior;
for He has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has come to the help of His servant Israel
for He has remembered his promise of mercy,
the promise He made to our fathers,
to Abraham and his children for ever.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known

that anyone who fled to your protection,
implored your help, or sought your intercession,
was left unaided.

Inspired by this confidence,

I fly unto 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.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen.



Prayer of St. Francis

Lord, make me an instrument of Your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O divine Master,
Grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.

For it is in giving that we receive,
It is in pardoning that we are pardoned,
It is in dying that we are born to eternal life.

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.

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 and 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 can neither deceive nor be deceived. 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 my God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.



Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through Him all things were made. For us men and for our salvation He came down from heaven; by the power of the Holy Spirit He was born of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate; He suffered, died, and was buried. On the third day He rose again in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life, Who proceeds from the Father and the Son. With the Father and the Son He is worshiped and glorified. He has spoken through the prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The Nicene Creed is a statement of Christian belief first formulated by the Council of Nicea in 325, and later affirmed and modified by the Council of Constantinople in 381. The creed is made up of three parts—one part is about God the Father, one part is about God the Son, and one part is about God the Holy Spirit. Following these statements of belief are four affirmations that contradict the central precepts of the Arian heresy.

Apostles' Creed

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 life everlasting. Amen.

This prayer is an ancient creed (statement of belief) used at Baptism in the early Roman Church. It is called the Apostles' Creed because it is thought to be a summary of the teachings of the apostles.

