

PRAYERS & GUIDELINES FOR CATHOLICS

Twenty-Third
Publications
Sample

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GUIDELINES
✠ FOR ✠
CATHOLICS

 TWENTY-THIRD
PUBLICATIONS

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✠ PRAYERS

The Sign of the Cross

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

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.

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.

Prayer of Praise

Glory 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.

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.

Morning Offering

O my God, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the Sacred Heart of Jesus, for the intentions for which he pleads and offers himself in all the holy Masses throughout the world, in thanksgiving for your favors, in reparation for our sins, for the petitions of our associates and, in particular, for the intentions recommended this month by our Holy Father, the Pope. Amen.

Blessing Before Meals

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

Grace After Meals

We give you thanks, O Lord, for these your gifts, which we have received from your goodness, through Christ our Lord. 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 as myself. Amen.

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.

The Jesus Prayer

Lord Jesus Christ,
Son of God,
Savior,
have mercy on me, a sinner.