

II Everyday Prayers

Some prayers are so familiar that they have a permanent place in our memory (Our Father, Hail Mary, etc.). Others, like Acts of Faith, Hope and Love, are familiar to us in one version or another.

Certain prayers are particularly appropriate for use by two or more people. In these prayers, a tilde sign (~) precedes each response of the group, e.g.,

~Now and for ever. Amen;

~Amen.

Here, then, are some common prayers for quick reference if our memory falters.

THE LORD'S PRAYER

The Lord Jesus himself taught this prayer to his disciples (Matthew 6:9–13, Luke 11:1–4); and the Church put it on our lips in baptism and empowered us to say it as the Spirit-filled children of God. For us the Lord's Prayer is both a prayer to be recited and a pattern of how to pray.

Modern Version:

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power and the glory are yours
now and for ever. Amen.

Traditional Version:

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.
For thine is the kingdom and the power and
the glory for ever and ever. Amen.

THE 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.

THE DOXOLOGY

Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be for ever.
Amen.

THE APOSTLES' CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's 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 to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and 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 the life everlasting. Amen.

COME HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful
and kindle 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.

O God,
on the first Pentecost you instructed the hearts
of those who believed in you
by the light of the Holy Spirit:
under the inspiration of the same Spirit,
give us a taste for what is right and true
and a continuing sense of the Spirit's
joy-bringing presence and power:
through Jesus Christ our Lord.
~Amen.

GRACE BEFORE MEALS

All living things look to you
to give them their food in due season.
You give it, they gather it up:
you open your hand, they have their fill.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever.
Amen.

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

GRACE AFTER MEALS

Let all the works of the Lord bless the Lord,
and God's children shall praise God for ever.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever.
Amen.

We give you thanks, Almighty God,
for these and all your blessings;
you live and reign for ever and ever.
~Amen.

AN ACT OF FAITH

O God,
I firmly believe all the truths that you have revealed
and that you teach us through your Church,
for you are truth itself
and can neither deceive nor be deceived.

AN ACT OF HOPE

O God,
I hope with complete trust that you will give me,
through the merits of Jesus Christ,
all necessary grace in this world
and everlasting life in the world to come,
for this is what you have promised
and you always keep your promises.

AN ACT OF CHARITY

O God,
I love you with my whole heart above all things,
because you are infinitely good;
and for your sake I love my neighbor as I love myself.

AN ACT OF CONTRITION

O God,
I am sorry with my whole heart for all my sins
because you are Goodness itself
and sin is an offense against you.
Therefore I firmly resolve,
with the help of your grace,
not to sin again and to avoid the occasions of sin.

HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy,
hail, our life, our sweetness, and our hope.
To you we cry, the children of Eve;
to you we send up our sighs,
mourning and weeping in this land of exile.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
lead us home at last
and show us the blessed fruit of your womb, Jesus:
O clement, O loving, O sweet Virgin Mary.

THE ANGELUS

The angel of the Lord brought the message to Mary.

~And she conceived of the Holy Spirit.

Hail Mary ...

I am the Lord's servant;

~May it happen to me as you have said.

Hail Mary ...

And the Word was made flesh;

~And dwelt among us.

Hail Mary ...

Pray for us, holy Mother of God;

~That we may become worthy of the promises of Christ.

Let us pray.

Pour forth, 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.

QUEEN OF HEAVEN

(This Marian anthem replaces the Angelus during the fifty days of the Easter season)

Rejoice, O Queen of heaven, alleluia!
For the Son you bore, alleluia!
Has arisen as he promised, alleluia!
Pray for us to God the Father, alleluia!

THE 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, we fly unto you,
O Virgin of virgins, our Mother!
To you we come, before you we stand, sinful and sorrowful.
O Mother of the Word incarnate,
despise not our petitions,
but in your mercy hear and answer us.
Amen.