

COMMON PRAYERS OF THE CATHOLIC CHURCH

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, and

lead us not into temptation,

but deliver us from evil. For the kingdom, the power
and the glory are yours, now and forever. Amen.

Matthew 6:9-13.

HAIL MARY

Hail Mary, full of grace, the Lord is with thee.

Blessed are 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. **Luke 1:28; Luke 1:42.**

THE APOSTLE'S CREED

(Latin *credo* means "I believe." A Christian
statement of belief attributed to the 12 apostles.

This creed comes from the first century A.D.).

I believe in God, the Father Almighty, Creator of
heaven and earth; and in Jesus Christ, His only Son,
our Lord.

He 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; the third day He rose again
from the dead;

He ascended into heaven, 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

(The *Nicene Creed* was the fruit of the Council of Nicea, which convened in A.D. 325 to condemn the heresy of Arianism and to affirm the doctrine of the divinity of Christ).

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 worshipped 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 PRAYER OF ST. GERTRUDE

Eternal Father, I offer Thee the most precious blood of the 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. **Ephesians 1:7; 2 Machabees 12:38-46.**

HOW TO GO TO CONFESSION

Make the Sign of the Cross: **“Bless me Father, for I have sinned. It has been _____ since my last Confession.”**

Confess your sins.

When you have finished, say, **“I am sorry for these and all my sins.”**

The priest will give you a penance, and he may offer you some spiritual direction.

Pray an Act of Contrition.

1 John 1:9; James 5:16; John 20:21-23.

A PRAYER OR ACT OF CONTRITION

O my God, I am heartily sorry for having offended You. 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.

A PRAYER OR ACT OF CONTRITION **FROM THE BIBLE**

9 And to some who trusted in themselves as just, and despised others, he spoke also this parable:
10 Two men went up into the temple to pray: the one a Pharisee, and the other a publican.

11 The Pharisee standing, prayed thus with himself: O God, I give thee thanks that I am not as the rest of men, extortioners, unjust, adulterers, as also is this publican.

12 I fast twice in a week: I give tithes of all that I possess.

13 And the publican, standing afar off, would not so much as lift up his eyes towards heaven; but struck his breast, saying: **O God, be merciful to me a sinner.**

14 I say to you, this man went down into his house justified rather than the other: because every one that exalteth himself, shall be humbled: and he that humbleth himself, shall be exalted. **Luke 18:9-14.**
(DOUAY-RHEIMS)

39 And one of those robbers who were hanged, blasphemed him, saying: If thou be Christ, save thyself and us.

40 But the other answering, rebuked him, saying:
Neither dost thou fear God, seeing thou art
condemned under the same condemnation?

41 And we indeed justly, for we receive the due
reward of our deeds; but this man hath done no evil.

42 And he said to Jesus: **Lord, remember me when
thou shalt come into thy kingdom.**

43 And Jesus said to him: Amen I say to thee, this
day thou shalt be with me in paradise. Luke 23:39-
43. (DOUAY-RHEIMS)

1 And entering in, he walked through Jericho.

2 And behold, there was a man named Zacheus,
who was the chief of the publicans, and he was rich.

3 And he sought to see Jesus who he was, and he
could not for the crowd, because he was low of
stature.

4 And running before, he climbed up into a
sycamore tree, that he might see him; for he was to
pass that way.

5 And when Jesus was come to the place, looking
up, he saw him, and said to him: Zacheus, make
haste and come down; for this day I must abide in
thy house.

6 And he made haste and came down; and received
him with joy.

7 And when all saw it, they murmured, saying, that
he was gone to be a guest with a man that was a
sinner.

8 But Zacheus standing, said to the Lord: **Behold,
Lord, the half of my goods I give to the poor; and
if I have wronged any man of any thing, I restore
him fourfold.**

9 Jesus said to him: This day is salvation come to
this house, because he also is a son of Abraham.

10 For the Son of man is come to seek and to save that which was lost. **Luke 19:1-10.** (DOUAY-RHEIMS)

Psalm 50 Unto the end, a psalm of David,
2 when Nathan the prophet came to him after he had sinned with Bethsabée.

3 Have mercy on me, O God, according to thy great mercy. And according to the multitude of thy tender mercies blot out my iniquity.

4 Wash me yet more from my iniquity, and cleanse me from my sin.

5 For I know my iniquity, and my sin is always before me.

6 To thee only have I sinned, and have done evil before thee: that thou mayst be justified in thy words and mayst overcome when thou art judged.

7 For behold I was conceived in iniquities; and in sins did my mother conceive me.

8 For behold thou hast loved truth: the uncertain and hidden things of thy wisdom thou hast made manifest to me.

9 Thou shalt sprinkle me with hyssop, and I shall be cleansed: thou shalt wash me, and I shall be made whiter than snow.

10 To my hearing thou shalt give joy and gladness: and the bones that have been humbled shall rejoice.

11 Turn away thy face from my sins, and blot out all my iniquities.

12 Create a clean heart in me, O God: and renew a right spirit within my bowels.

13 Cast me not away from thy face; and take not thy holy spirit from me.

14 Restore unto me the joy of thy salvation, and strengthen me with a perfect spirit. Psalms 50:1-14 (DOUAY-RHEIMS)

THE NEED FOR A PRAYER OF CONTRITION **FROM THE BIBLE**

13 Then Simon himself believed also; and being baptized, he adhered to Philip. And being astonished, wondered to see the signs and exceeding great miracles which were done.

18 And when Simon saw, that by the imposition of the hands of the apostles, the Holy Ghost was given, he offered them money,

19 Saying: Give me also this power, that on whomsoever I shall lay my hands, he may receive the Holy Ghost. But Peter said to him:

20 Keep thy money to thyself, to perish with thee, because thou hast thought that the gift of God may be purchased with money.

21 Thou hast no part nor lot in this matter. For thy heart is not right in the sight of God.

22 Do penance therefore for this thy wickedness; and pray to God, that perhaps this thought of thy heart may be forgiven thee.

23 For I see thou art in the gall of bitterness, and in the bonds of iniquity.

24 Then Simon answering, said: Pray you for me to the Lord, that none of these things which you have spoken may come upon me. **Acts 8:13, 18-24.**
(DOUAY-RHEIMS)

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