

Sign of the Cross (CCC 232-237)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (Said at the beginning and end of prayers.)

Our Father (CCC2759-2865)

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as 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 no into temptation, but deliver us from evil. (For the Kingdom, the power, and the glory are yours, now and for ever). Amen.

Hail Mary (CCC 2676-2677)

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.

Prayer of Praise (CCC 2639-2643)

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.

Apostles' Creed (CCC 198-1065)

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 the life everlasting. Amen.

Nicene Creed (CCC 167-197)

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.

Act of Faith (CCC 1814-1816, 2656)

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 revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope (CCC 1817-1821,2657)

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 (CCC 1822-1829, 2658)

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 I ask pardon of all whom I have injured. Amen.

Act of Contrition (CCC 1450-1460)

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 occasions of sin. Amen.

Come, Holy Spirit (CCC2670-2672)

Come, Holy Spirit.

Response: Fill the hearts of your faithful and make the fire of your love burn within them.

Send forth your spirit and there shall be another creation.

Response: 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 always be truly wise and rejoice in his consolation. Through Christ our Lord. Amen.

Angelus (CCC 973, 2617)

The angel of the Lord declared unto Mary.

Response: And she conceived of the Holy Spirit. (Hail Mary)

Behold the handmaid of the Lord.

Response: May it be done unto me according to your word. (Hail Mary)

And the Word was made flesh.

Response: And dwelt among us. (Hail Mary)

Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.
Let us pray: O Lord, it was through the message of an angel that we learned of the Incarnation of Christ, your son. Pour your grace into our hearts, and by his Passion and cross bring us to the glory of his Resurrection. Through Christ, our Lord. Amen.

Grace Before and Thanksgiving After Meals (CCC 2698)

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

We give thanks for all your benefits, almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen. (Spontaneous prayers may also be used at mealtime.)

Memorare (CCC 2673-2675, 2679)

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 with 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 of Saint Francis of Assisi for Peace (CCC 2302-2317)

Lord, make me an instrument of your peace! Where there is hatred, let me sow love; where there is injury, let me sow 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; and it is in dying that we are born to eternal life. Amen.

Mary's Rosary (CCC 971, 1674, 2678, 2708)

Read Pope John Paul II's [Rosarium Virginis Mariae](#), October, 2002

The complete rosary is composed of twenty decades, divided into four distinct parts, each containing five decades. The first part consists of five joyful events in the life of Jesus and Mary, the second part consists of moments of special revelation of Marh's son Jesus, the third part recalls five sorrowful events, and the fourth part considers five glorious events.

We begin by making the sign of the Cross.

Then we say the Apostles' Creed, an Our Father, three Hail Marys, and one Glory to the Father (Prayer of Praise) on the small chain. Then recall the first mystery, say one Our Father, ten Hail Marys, and one Glory to the Father. This completes one decade. All the other decades are said in the same manner with a different mystery meditated upon during each decade. At the end of the rosary, the prayer Hail, Holy Queen may be recited.

The mysteries of the rosary are scenes from the life of Jesus and Mary. By meditating on these sublime truths, we come to a better understanding of our faith: the Incarnation of the Lord, the Redemption, and the Christian life-present and future.

In the following outline the words in parentheses indicate practical applications to our daily lives.

The Joyful Mysteries

The Annunciation: the Messenger of God announces to Mary that she is to be the Mother of God. (Humility)

The Visitation: Mary visits and helps her cousin Elizabeth. (Love of Neighbor)

The Nativity: Mary gives birth to Jesus in a stable in Bethlehem. (Spirit of Poverty)

The Presentation: Jesus is presented in the Temple. (Obedience to God's Will)

The Finding in the Temple: Jesus is found in the Temple. (Fidelity to Vocation)

The Mysteries of Light

ROSARIUM VIRGINIS MARIAE

Pope JOHN PAUL II

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Moving on from the infancy and the hidden life in Nazareth to the public life of Jesus, our contemplation brings us to those mysteries which may be called in a special way "mysteries of light". Certainly the whole mystery of Christ is a mystery of light. He is the "light of the world" (Jn 8: 12). Yet this truth emerges in a special way during the years of his public life, when he proclaims the Gospel of the Kingdom. In proposing to the Christian community five significant moments – "luminous" mysteries – during this phase of Christ's life, I think that the following can be fittingly singled out: (1) his Baptism in the Jordan, (2) his self-manifestation at the wedding of Cana, (3) his proclamation of the Kingdom of God, with his call to conversion, (4) his Transfiguration, and finally, (5) his institution of the Eucharist, as the sacramental expression of the Paschal Mystery.

The Sorrowful Mysteries

The Agony in the Garden: Jesus undergoes his agony in the Garden of Gethsemane. (Spirit of prayer)

The Scourging at the Pillar: Jesus is scourged at the pillar. (Modesty and Purity)

The Crowning with Thorns: Jesus is crowned with thorns. (Courage)

The Carrying of the Cross: Jesus carries the cross to Calvary. (Patience in suffering)

the Crucifixion: Jesus dies on the cross for our sins. (Self-denial)

The Glorious Mysteries

The Resurrection: Jesus rises from the dead. (Faith)

The Ascension: Jesus ascends into heaven. (Hope)

The Descent of the Holy Spirit (Pentecost): The Holy Spirit comes to the apostles and the Blessed Mother. (Wisdom, Love, Zeal, Fortitude)

The Assumption: The Mother of Jesus is taken into heaven. (Eternal Happiness)

The Coronation of the Blessed Mother: Mary is crowned queen of heaven and earth.
(Devotion to Mary and Final Perseverance)

Here is a nice [rosary instructional handout](#) (PDF format) through the courtesy of New Advent dot com.

Hail, Holy Queen (CCC 963-972,2617-2622)

Hail, holy queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O 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 clement, O loving, O sweet virgin Mary.

Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Let us pray: O God, whose only begotten Son, by his life, death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise.

Through the same Christ our Lord. Amen.

Stations of the Cross (CCC 617,1674)

Meditations on the Suffering and Death of Jesus

Introductory prayer

(At each station, contemplate the scene and pray a brief, heartfelt prayer.)

1. Jesus is condemned to death on the cross.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to 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 placed in the tomb.

Closing prayer (recalling the Resurrection):

Prayer to One's Guardian Angel (CCC 335-336)

Angel of God, my guardian dear, to whom his love commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

Prayer for the Faithful Departed (CCC 958, 10320)

Eternal rest grant unto them, O Lord.

Response: And let perpetual light shine upon them.

May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.

Response: Amen.

Anima Christi – (Soul of Christ)

Soul of Christ, sanctify me;

Body of Christ, save me;

Blood of Christ, inebriate me;

Water from the side of Christ, wash me;

Passion of Christ, strengthen me.

O good Jesus, hear me;

Within your wounds hide me;

Never permit me to be separated from you:

From the wicked enemy defend me;

In the hour of my death call me

and bid me come to your side,

That with your saints I may praise you,

For ever and ever. Amen.

The Jesus Prayer

O Lord Jesus Christ, have mercy on me, a sinner!

or

Jesus Christ, Son of God, have mercy on us!

The Magnificat (Luke 1:46-55)

My Being proclaims the greatness of the Lord,

my spirit finds joy in God my savior.

For he has looked upon his servant in her lowliness;

all ages to come shall call me blessed.

God who is mighty has done great things for me,

holy is his name;

His mercy is from age to age

on those who fear him.

He has shown might with his arm;

he has confused the proud in their inmost thoughts.

He has deposed the mighty from their thrones

and raised up the lowly to high places.

The hungry he has given every good thing,

while the rich he has sent empty away

He has upheld Israel his servant,

ever mindful of his mercy;

Even as he promised our fathers,
promised Abraham and his descendants forever.

The Litany of the Saints

<p>Lord, have mercy on us. Lord, have mercy on us. Christ, have mercy on us. Christ, have mercy on us. Lord, have mercy on us. Lord, have mercy on us. Holy Mary, Mother of God, pray for us._ Holy Angels of God, St. Joseph, St. John the Baptizer, St. Peter and St. Paul, St. Andrew, St. John, St. Mary Magdalene, St. Stephen, St. Ignatius, St. Lawrence, St. Perpetua and St. Felicity, St. Agnes, St. Gregory, St. Augustine, St. Basil, St. Martin, St. Benedict, St. Francis and St. Dominic, St. Francis Xavier, St. John Vianney, St. Catherine, St. Teresa, (other patron saints my be added)</p>	<p>All you saints of God, pray for us. Lord, be merciful, Lord save us. From all harm, From every sin, From all temptations, From everlasting death, By your coming among us, By your death and rising to life, By your gift of the Holy Spirit, Be merciful to us sinners, Lord hear our prayer. Guide and protect your holy Church, Keep our Pope and all the clergy in faithful service to your Church, Bring all people together in trust and peace, Strengthen us in your service. Let us pray: From you, Lord, comes holiness in our desires, right thinking in our plans, and justice in our actions. Grant your children that peace which the world cannot give; then our hearts will be devoted to your laws, we shall be delivered from the terrors of war, and under your protection we shall be able to live in tranquility. Amen.</p>
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Litany of the Holy Name of Jesus

<p>Lord, have mercy on us. Lord, Have mercy on us. Christ, have mercy on us. Christ, have mercy on us. Lord, have mercy on us. Lord, have mercy on us. Christ, hear us. Christ, graciously hear us. God, the Father of heaven: Have mercy on us.</p>	<p>Jesus, strength of martyrs, Jesus, light of confessors, Jesus, purity of virgins, Jesus, crown of all saints Be merciful: spare us, O Jesus. Be merciful: graciously hear us, O Jesus. From all evil, Jesus, deliver us. From all sin, From your wrath, From the snares of the devil,</p>
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<p>God the Son, Redeemer of the world, God the Holy Spirit, Holy Trinity, one God, Jesus, Son of the Living God, Jesus, splendor of the Father, Jesus, brightness of eternal light, Jesus, King of Glory, Jesus, Sun of Justice, Jesus, Son of the Virgin Mary, Jesus, most amiable, Jesus, most admirable, Jesus, mighty God, Jesus, Father of the world to come, Jesus, Angel of the great counsel, Jesus, most powerful, Jesus, most patient, Jesus, most obedient, Jesus, meek and humble of heart, Jesus, lover of chastity, Jesus, lover of us, Jesus, God of Peace, Jesus, Author of Life, Jesus, model of virtues, Jesus, zealous for souls, Jesus, our God, Jesus, our refuge, Jesus, Father of the poor, Jesus, treasure of the faithful, Jesus, Good Shepherd, Jesus, true Light, Jesus, eternal wisdom, Jesus, infinite goodness, Jesus, our way and our life, Jesus, joy of angels, Jesus, King of Patriarchs, Jesus, Master of the Apostles, Jesus, teacher of the evangelist,</p>	<p>From the spirit of fornication, From everlasting death, From neglect of your inspirations, Through the mystery of your Incarnation, Through your Nativity, Through your infancy, Through your most divine life, Through your labors, Through your agony and passion, Through your cross and dereliction, Through your weariness and faintness, Through your death and burial, Through your Resurrection, Through your Ascension, Through your joys, Through your glory, Through the institution of the Blessed Sacrament, Lamb of God who take away the sins of the world Spare us, O Jesus. Lamb of God who take away the sins of the world, Graciously hear us, O Jesus. Lamb of God who take away the sins of the world, Have mercy on us, O Jesus. Jesus, hear us. Jesus, graciously hear us. We will praise you, O God And we will call upon your name. Let us pray: O Lord Jesus Christ, who has said, "Ask and you shall receive; seek and you shall find; knock and it shall be opened unto you," grant, we beg you, that we may love you with a whole heart, in our words and in our work, and never cease to praise your name. Amen.</p>
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Litany of the Sacred Heart of Jesus.

<p>Lord, have mercy. Christ, have mercy. Lord, have mercy. Christ, hear us. Christ, graciously hear us, God the Father of heaven, have mercy on us. God the Son, Redeemer of the world, God the Holy Spirit,</p>	<p>Heart of Jesus, propitiation for our sins, Heart of Jesus, loaded down with opprobrium, Heart of Jesus, bruised for our offenses Heart of Jesus, obedient unto death, Heart of Jesus, pierced with a lance, Heart of Jesus, source of all consolation, Heart of Jesus, our life and resurrection, Heart of Jesus, our peace and</p>
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Holy Trinity, one God,
 Heart of Jesus, formed by the Holy Spirit
 in the womb of the Blessed Mother,
 Heart of Jesus, substantially united in the
 Word of God,
 Heart of Jesus, of infinite majesty,
 Heart of Jesus, sacred temple of God,
 Heart of Jesus, tabernacle of the Most
 High
 Heart of Jesus, house of God and gate of
 heaven,
 Heart of Jesus, burning furnace of
 charity,
 Heart of Jesus, abode of justice and love,
 Heart of Jesus, full of goodness and love,
 Heart of Jesus, abyss of all virtues,
 Heart of Jesus, most worthy of all praise,
 Heart of Jesus, king and center of all
 hearts,
 Heart of Jesus, in whom are all the
 treasures
 of wisdom and knowledge,
 Heart of Jesus, in whom dwells the
 fullness of divinity
 Heart of Jesus, in whom the Father was
 well-pleased,
 Heart of Jesus, of whose fullness we have
 all received,
 Heart of Jesus, desire of the everlasting
 hills,
 Heart of Jesus, patient and most
 merciful,
 Heart of Jesus, enriching all who invoke
 you,
 Heart of Jesus, fountain of life and
 holiness,

reconciliation,
 Heart of Jesus, victim for our sins,
 Heart of Jesus, salvation of those who
 trust in you,
 Heart of Jesus, hope of those who die in
 you,
 Heart of Jesus, delight in all the saints,
 Lamb of God, who take away the sins of
 the world:
 Spare us, O Lord.
 Lamb of God, who take away the sins of
 the world:
 Graciously hear us, O Lord.
 Lamb of God, who take away the sins of
 the world:
 Have mercy on us.
 Jesus, meek and humble of Heart:
 Make our hearts like yours.
 Let us pray:
 Almighty and eternal God, look upon the
 Heart of your beloved Son and upon the
 praise and satisfaction that he offers you
 in the name of sinners. And to those who
 implore your mercy, in your great
 goodness, grant them forgiveness in the
 name of the same Jesus Christ, your
 Son, who lives and reigns with you
 forever and ever. Amen.

Litany of the Blessed Virgin Mary

Lord, have mercy,
 Christ, have mercy,
 Lord, have mercy,
 Christ, hear us,
 Christ, graciously hear us
 God, the Father of heaven,
 have mercy on us.
 God, the Son, Redeemer of the world,
 Have mercy on us.
 God, the Holy Spirit,
 have mercy on us.

Mystical Rose,
 Tower of David,
 Tower of Ivory,
 House of God,
 Ark of the Covenant,
 Gate of Heaven,
 Morning Star,
 Health of the Sick,
 Refuge of sinners,
 Comforter of the afflicted,
 Help of Christians,

Holy Trinity, one God,
have mercy on us.
Holy Mary,
pray for us.
Holy Mother of God,
Holy virgin or virgins,
Mother of Christ,
Mother of the Church,
Mother of divine grace,
Mother most holy,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of Wisdom,
Cause of our joy,
Spiritual Vessel,
Vessel of Honor,
Singular vessel of devotion,

Queen of angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,
Queen of virgins,
Queen of all saints,
Queen conceived without original sin,
Queen assumed into heaven,
Queen of the holy Rosary,
Queen of Peace,
Lamb of God, who take away the sins of
the world,
spare us, O Lord.
Lamb of God, who take away the sins of
the world,
Graciously hear us, O Lord.
Lamb of God, who take away the sins of
the world,
have mercy on us.
Pray for us, O holy Mother of God:
that we may be made worthy of the
promises of Christ.
Let us pray:
Grant, we beg you, O Lord God, that we
your servants may enjoy lasting health of
mind and body, and by the intercession
of the Blessed Virgin Mary, be delivered
from present sorrow and enter into the
joy of eternal happiness. We ask this
through the merits of Jesus Christ, our
Lord. Amen

The Divine Praises

Blessed be God,
Blessed be his holy name.
Blessed be Jesus Christ,
true God and true man.
Blessed be the name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption
Blessed be the name of Mary, virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints. Amen.