

Traditional Catholic Prayers

One critical lesson we can teach our children is how to be open in sharing their thoughts, their feelings, their concerns in prayer. Below are some traditional Catholic prayers you can teach your children at a very early age. Just think, children learn how to speak an entire language typically by 3 years old. They sure can learn how to pray!



1. *The Sign of the Cross.*

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

2. *The Lord's Prayer, or 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. Amen.

3. *The Angelical Salutation, or Hail Mary.*

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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.

4. *The 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into hell; the third day He arose again from the dead: He ascended into heaven, sitteth 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 Ghost, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

5. *To the Guardian Angel*

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

6. *The Confiteor*

I CONFESS to Almighty God, to blessed Mary, ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the Holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word and deed, through my fault, through my fault, through my most grievous fault. Therefore I

beseech blessed Mary, ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray to the Lord our God for me.

May the Almighty God have mercy on me, and forgive me my sins, and bring me to everlasting life. Amen.

May the Almighty and merciful Lord grant me pardon, absolution, and remission of all my sins. Amen.

7. An Act of Faith

O My God, I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Ghost; I believe that Thy 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 Thou has revealed them, who canst neither deceive nor be deceived.

8. An Act of Hope

O My God, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

9. An Act of Charity

O My God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

10. The Angelus, to be said morning, noon and eve.

The angel of the Lord declared unto Mary.

R. And she conceived by the Holy Ghost.

Hail, Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Thy 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 be made worthy of the promises of Christ.

11. The Salve Regina

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this, our exile, show unto

us the blessed fruit of thy 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.
V. Make me worthy to praise thee, holy Virgin.
R. Give me strength against thine enemies.
V. Blessed be God in His saints.
R. Amen.

12. The Memorare

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help and sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

13. Adoration

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.

14. To St. Michael

St. Michael the Archangel, defend us in battle; be our protection Against the malice and snares of the devil. We humbly beseech Thee, O God, to command him; and do Thou, O Prince of the Heavenly host, by the divine power thrust into hell Satan and the Other evil spirits who roam through the world seeking the Destruction of souls. Amen.

Most Sacred Heart of Jesus, have mercy on us. (said three times)

15. 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.

16. An Act of Contrition

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and the pains of hell. But most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace to sin no more and to avoid the near occasions of sin. Amen.

17. Anima Christi

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, fill all my veins;

Water from Christ's side, wash out my stains;
Passion of Christ, my comfort be,
O good Jesus, listen to me.
In Thy wounds I fain would hide,
Never to be parted from Thy side.
Guard me when the foe assails me;
Guide me when my feet shall fail me;
Bid me come to Thee above,
With Thy saints to sing Thy love, forever and ever. Amen.

18. Prayer before a Crucifix, to be said after communion

Look down upon me, good and gentle Jesus, while before Thy face I humbly kneel, and with burning soul pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment.

Meanwhile, I contemplate with great love and tender mercy Thy five most precious wounds, pondering over them within me, and calling to mind with words which David in prophecy made Thee say concerning Thyself, my Jesus:

"They have pierced My hands and feet; they have numbered all my bones."

19. Mary, Mother of Grace

Mary, Mother of grace, mother of mercy, shield me from the enemy and receive me at the hour of my death. (*Roman Ritual*)

20. 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 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.
May the heart of Jesus, in the Most Blessed Sacrament, be Praised, adored, and loved with grateful affection, at every Moment, in all the tabernacles of the world, even to the End of time. Amen.

21. The Beatitudes

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

Blessed are the meek; for they shall possess the land.

Blessed are they that mourn; for they shall be comforted.

Blessed are they that hunger and thirst after justice; for they shall be filled.

Blessed are the merciful; for they shall obtain mercy.

Blessed are the clean of heart; for they shall see God.

Blessed are the peacemakers; for they shall be called the children of God.

Blessed are they that suffer persecution for justice sake; for theirs is the kingdom of heaven.

22. Prayer for the Souls in Purgatory

O gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on them, especially N.. N..

Be not severe in Your judgments, but let some drops of Your Precious Blood fall upon the devouring flames.

And, Merciful Savior, send Your angels to conduct them to A place of refreshment, light and peace. Amen.

23. Mary Stewart's Prayer

Keep us, O God, from all pettiness.

Let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off all self-seeking.

May we put away all pretense and meet each other face to face, without self pity and without prejudice.

May we never be hasty in judgment, and always be generous.

Let us always take time for all things, and make us to grow calm, serene and gentle.

Teach us to put into action our better impulses, to be straightforward and unafraid.

Grant that we may realize that it is the little things of life that create differences, that in the big things of life, we are as one.

And, O Lord God, let us not forget to be kind!

Amen.

24. Prayer to the Holy Spirit

Come, O Holy Spirit, fill the hearts of Thy faithful,

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

25. *Christianity*

In the home it is kindness;

In the business it is honesty;

In society it is courtesy;

In work it is fairness;

Toward the unfortunate it is sympathy;

Toward the weak it is help;

Toward the wicked it is resistance;

Toward the strong it is trust;

Toward the penitent it is forgiveness;

Toward the successful it is congratulation;

And toward God it is reverence and obedience.

26. *Learning Christ*

Teach me, my Lord, to be sweet and gentle

In all the events of life-

in disappointments,

in the thoughtlessness of others,

in the insincerity of those I trusted,

in the unfaithfulness of those on whom I relied.

Let me put myself aside,

to think of the happiness of others,

to hide my little pains and heartaches,

so that I may be the only one to suffer from them.

Teach me to profit by the suffering that comes across my path.

Let me so use it that it may mellow me, not harden nor embitter me;

That it may make me patient, not irritable. That it may make me broad in

My forgiveness, not narrow, haughty and overbearing.

May no one be less good for having come within my influence. No one less pure,

Less true, less kind, less noble for having been a fellow-traveler in our journey

Toward ETERNAL LIFE.

As I go my rounds from one distraction to another, let me whisper from time to time,

A word of love to Thee. May my life be lived in the super-natural, full of power for Good, and strong in its purpose of sanctity.