



## **Daily Prayers**

### **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.

### **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.

Amen.

### **Glory Be**

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.

### **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 Spirit, born by 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, seated at the right hand of God the almighty Father. 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.

### **For those who have died**

Eternal rest give unto them O Lord, and let perpetual light shine upon them. May they rest in peace.

Amen.

### **Morning Offering**

O Jesus, through the most pure heart of Mary, I offer You my prayer, works, joys and sufferings of this day, for all the intentions of Your sacred heart.

Amen.

### **Grace before Meals**

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

Amen.

### **Grace after Meals**

We give you thanks Almighty God for all the benefits we receive from your goodness through Christ our Lord.

Amen.

### **Act of Contrition**

O my God, because you are so good, I am very sorry that I have sinned against you and by the Help of your grace I will not sin again.

### **Hail Holy Queen**

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 us the  
Blessed Fruit of thy Womb, Jesus.

O clement, O Loving, O sweet Virgin Mary.  
Pray for us O Holy Mother of God.