



Part IV.

Supplements

Prayers of the Church

IN A NUTSHELL

The traditional prayers of the Church are like precious heirlooms in our family of faith. Not only do they help us to pray, they also keep us in touch with our roots, our spiritual ancestry, and our world-wide Catholic family. They are prayed by Catholics all over the world, in many languages, in a range of circumstances.

Formal prayers are not just 'words', they express the faith of generations of Christians, people who lived and loved and died to pass on their faith to us.

With these words, generations of Christians have nourished their relationship with God, just as we do today.

Let's continue their legacy by passing on these sacred symbols of faith to our children and our children's children.

Sign of the Cross

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

The Lord's Prayer ('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.

Hail Mary

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.

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 Magnificat (Mary's song of praise)

My soul glorifies the Lord.
My spirit rejoices in God, my Saviour.
He looks upon his servant in her lowliness;
henceforth all ages will call me blessed.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age, on those who fear him.
He puts forth his arm in strength and scatters the proud-hearted.
He casts the mighty from their thrones, and raises the lowly.
He fills the hunger of the poor with good things, sends the rich away empty.
He protects Israel, his servant, remembering his mercy,
the mercy promised to our ancestors, to Abraham and his descendents for ever.

Note to parents:

There are so many beautiful prayers and hymns in our Catholic heritage - prayers arising from scripture, from liturgy, from great saints, from the popular piety of 'ordinary' people.

Printed on these pages are just a handful of well known prayers. As you continue your Catholic journey, 'tune in' to the prayers of the great Christian tradition wherever they are to be found.

What special prayers have been passed down through your own family? Teach these to your children. And tell the story of why this prayer is important to you.

Prayers of the Church

Grace before meals

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

Prayer of Sorrow (Act of Contrition)

O my God,
I am very sorry that I have sinned against you.
With your help, I will not sin again.

Jesus Prayer (repeated quietly as a mantra)

Lord Jesus Christ,
Son of the Living God,
have mercy of me, a sinner.

Prayer to the Holy Spirit (Pentecost)

Come, Holy Spirit, fill the hearts of your faithful.
R: And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
R: And you will renew the face of the earth.

Peace Prayer of St Francis

Lord, make me an instrument of your peace:
Where there is hatred, let me sow love.
Where there is resentment, pardon. Where there is discord, unity.
Where there is doubt, faith. Where there is despair, happiness.
Where there is sadness, joy. Where there is darkness, light.

Master, grant that I may seek:
To console rather than to be consoled.
To understand rather than to be understood.
To love rather than to be loved.

For it is in giving that we receive.
In forgiving that we are forgiven.
In dying that we rise to eternal life.