

## **Beloved Catholic Prayers**

### Sign of the Cross

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

### Our Father/Lord's prayer

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 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. From eternity and forever. Amen.

### Prayer to Guardian Angel

Angel of God, my guardian dear, To whom God's love commits me here, Ever this day (or night), be at my side, To light and guard, Rule and guide. Amen.

### Grace Before Meals

(Make the Sign of the Cross)

Bless Us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, through Christ Our Lord. Amen.

### Prayer to St Michael the Archangel

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

## The Rosary

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

**Introduction:** Almighty Lord our God, who is the personification of all immeasurable goodness, we unworthy sinners, who are undeserving to meditate in the presence of You, who is of infinite Majesty & Splendor, relying on your boundless mercy, praising the Mother of God we wish to pray the five decades of the rosary. Lord, please help me to complete this prayer with full devotion and without any worries. Amen.

**Apostles Creed:** 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, 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.

**Lord's prayer:** 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:** (Pray 3 Hail Marys for the increase in the virtues of faith, hope and charity).  
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.

1. Faith - pray to increase your faith in God
2. Hope - pray for a deeper desire and hope for heaven
3. Charity - pray to have a deeper love for your neighbors for the sake of your love for God.

At the beginning of each decade, announce the "mystery" to be contemplated, for example, the first joyful mystery is "The Annunciation". After a short pause for reflection, recite the "Our Father", ten "Hail Marys" and the "Glory be to the Father".

An invocation may be added after each decade.

At the end of the Rosary, the Loreto Litany or some other Marian prayer is recited.

(Marian prayer to be recited at conclusion)

**Hail, holy Queen**, mother of mercy; hail, 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. Amen.

The four Mysteries of the Rosary

1. The Joyful Mysteries of the Rosary are:  
(Monday, Saturday, and especially good to focus on during Annunciation season + Nativity/Christmas season)
  - The Annunciation
  - The Visitation
  - The Birth of Jesus
  - Presentation of the Child Jesus in the Temple
  - Finding Jesus in the Temple
  
2. The Sorrowful Mysteries of the Rosary are:  
(Tuesday, Friday, and especially good to focus on during Great Fast/Lent season)
  - The Agony in the Garden
  - The Scourging at the Pillar
  - The Crowning with Thorns
  - Carrying the Cross
  - The Crucifixion
  
3. The Glorious Mysteries of the Rosary are:  
(Sunday, Wednesday, and especially good to focus on during Resurrection/Easter season)
  - The Resurrection
  - The Ascension
  - Descent of the Holy Spirit (Pentecost)
  - The Assumption of our Blessed Mother Mary
  - The Coronation of our Blessed Mother Mary
  
4. The Luminous Mysteries of the Rosary are:  
(Thursday)
  - The Baptism of Jesus
  - Wedding at Cana
  - Proclaiming the Kingdom of Heaven
  - Transfiguration of our Lord
  - Institution of the Holy Eucharist

Litany of Loreto

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,

Holy Trinity, one God,

Holy Mary,

**pray for us.**

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of Mercy,

Mother of divine grace,

Mother of Hope,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

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,

Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,  
Solace of Migrants,  
Comfort of the afflicted,  
Help of Christians,  
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 most holy Rosary,  
Queen of families,  
Queen of peace.

Lamb of God, who takes away the sins of the world,  
**spare us, O Lord.**

Lamb of God, who takes away the sins of the world,  
**graciously hear us, O Lord.**

Lamb of God, who takes 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 beseech thee,  
O Lord God, that we, your servants,  
may enjoy perpetual health of mind and body;  
and by the glorious intercession of the Blessed Mary, ever Virgin,  
may be delivered from present sorrow, and obtain eternal joy.  
Through Christ our Lord.  
Amen.

## The Angelus

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

V. The Angel of the Lord declared unto Mary,  
R. And she conceived of the Holy Spirit.

Hail Mary, ...

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to Your 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 may be made worthy of the promises of Christ.

Let us pray.

Pour forth, we beseech You, O Lord,  
Your Grace into our hearts;  
that as we have known the incarnation of Christ,  
your Son by the message of an angel,  
so by His passion and cross  
we may be brought to the glory of His Resurrection.  
Through the same Christ, our Lord.  
Amen.

**Regina Caeli prayer** (alternative for Angelus during Resurrection season)

Queen of Heaven, rejoice, alleluia.  
For he, whom you did merit to bear, alleluia.  
Has risen as he said, alleluia.  
Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.  
R. For the Lord is truly risen, alleluia.

Let us pray: O God, who gave joy to the world through the resurrection of Your Son, our Lord Jesus Christ, grant we beseech You, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

## Divine Mercy Chaplet

Optional Opening Prayers:

You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.  
O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty Yourself out upon us.

*(Repeat 3 times)* O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

Then pray the Our Father, Hail Mary and the Apostle's Creed

For each of the five decades (*On each "Our Father" bead of the rosary, pray*)

**Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.**

*(On each of the 10 "Hail Mary" beads, pray)*

**For the sake of His sorrowful Passion, have mercy on us and on the whole world.**

Concluding prayer (*Repeat 3 times*)

**Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

Optional Closing Prayer:

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

## **Other Prayers**

### **The Jesus prayer**

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

### **The prayer for the souls in purgatory** (3 times)

L. Eternal rest grant unto them O Lord  
All. Let perpetual light shine upon them.

L. May the souls of the faithful departed  
All. Through the mercy of God rest in peace.

1 Our Father... Hail Mary ... Glory Be...

### **Prayer before Mass (Qurbana)**

O Jesus! I believe that you are the Christ the Son of the living God, who came on earth to save humanity from sin. I believe that in receiving the Holy Eucharist I shall receive your body and blood. I believe this firmly because you have said it.

### **A Prayer for Priests**

O Jesus, Eternal Priest, keep all Thy priests within the shelter of Thy Sacred Heart, where none may harm them. Keep unstained their anointed hands, which daily touch Thy Sacred Body. Keep unsullied their lips purpled with Thy Precious Blood. Keep pure and unearthly their hearts sealed with the sublime marks of Thy glorious priesthood. Let Thy holy love surround them and shield them from the world's contagion. Bless their labors with abundant fruit and may the souls to whom they have ministered here below be their joy and consolation and in Heaven their beautiful and everlasting crown. Amen.

O Mary – Queen of the clergy, pray for us, and obtain for us a number of holy priests.

### **A prayer for forgiveness**

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for Thou art good and love mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify Thee; for Thou art blessed: with Thine Only-begotten Son and Thine All-holy Spirit: now and from eternity and forever. Amen.

### **Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, 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 occasion of sin. Amen.



## Psalms from Morning (Sapra) and Evening (Ramsha) Prayers

### Psalms from Morning prayer (Sapra)

(Ps 100) Cry out with joy to the Lord,  
all the earth.

*Praise the Lord, the giver of light.*

*Cry out with joy to the Lord, all the earth.*

Serve the Lord with gladness:

Come before him, singing for joy.

Know that he, the Lord, is God.

He made us, we belong to him,

We are his people, the sheep of his flock.

Enter into his gates, giving thanks,

And into his courts with songs of praise.

Give thanks to him and bless his name.

Indeed, how good is the Lord.

Eternal his merciful love:

He is faithful from age to age.

Glory be to the Father, and to the

Son, and to the Holy Spirit,

from eternity and forever. Amen.

(Ps 91) Blessed is he who abides in the  
shelter of the most High.

And abides in the shade of the Almighty.

*Our hope in you is worthy*

*of praise, Christ our Redeemer.*

Blessed is he who abides in the

Shelter of the most High.

And abides in the shade of the Almighty.

Say to the Lord: 'My refuge,

My stronghold, my God in whom I trust!'

It is he who will free you from

the snare of the fowler

Who seeks to destroy you.

He will conceal you with his pinions  
And under his wings you will find refuge.

You will not fear the terror of the night,  
Nor the arrow that flies by day.

Nor the plague that prowls  
in the darkness;  
Nor the scourge that lays waste at noon.

A thousand shall fall at your side,  
Ten thousand at your right.

But you, it will never approach;  
His faithfulness is buckler and shield.  
Your eyes have only to look  
To see how the wicked are repaid.

Because you who have said:  
'Lord, my refuge!'  
And have made the most High  
Your dwelling.

Upon you no evil shall befall,  
No any plague come near  
Where you dwell.

For you, has he commanded his angels,  
To keep you in all your ways.

They shall bear you upon in their hands  
Lest you strike your foot  
Against a stone.

On the lion and viper you will tread  
The young lion and the dragon  
You will trample.

Since he clings to me in love,  
I will free him.  
I will protect him, for he has  
Known my name.

When he calls I shall answer: 'I am with you.'  
I will save him in distress and give him  
glory.

With long life I will content him;  
I shall let him see my saving power.

Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
from eternity and forever, Amen.

Psalms from Evening prayer (Ramsha)

**(Ps 140)** I cry to you,  
Lord hasten to help me!  
*Lord, hear my prayer  
when I cry to you.*

I cry to you, Lord; hasten to help me!  
Let my prayer arise  
Before you as incense.  
As the raising of my hands  
Like the evening oblation.

Set a guard, O Lord, over my mouth;  
Set a watch, O Lord,  
At the door of my lips!

Do not turn my heart to anything wrong,  
Or to deeds evil with men wicked.

Never allow me to eat of their delicacies.  
If a righteous man strikes or  
Reproves me, it is kindness;

But let the oil of the wicked  
Not anoint my head.

Let my prayer be ever  
Against their malice.

Their princes were thrown down by  
The side of the rock.  
Then they understood that my  
words were kind.

**(Ps 141)**  
With all my voice I cry to the Lord;  
With all my voice I entreat the Lord.

I pour out my troubles before him;

I tell him all my distress.

While my spirit faints within me,  
But you, O Lord, know my path.

On the way where I shall walk  
They have hidden a snare for me.

Look on my right and see:  
There is not one who knows me.

I have no means of escape,  
Not one cares for my soul.

I cry to you, O Lord.  
I have said: 'You are my refuge'.

**(Ps 116)**

O praise the Lord, all you nations,  
Acclaim him all you peoples!  
Strong is his mercy and love for us;  
He is faithful for ever.

Glory be to the Father, and to the Son,  
And to the Holy Spirit,  
From eternity and forever. Amen.

**Ps. 51 – prayer of repentance**

Have mercy on me, God  
In your kindness:  
In your compassion blot out my offences.  
*Lord, have mercy upon me!*  
*Christ, have mercy upon me!*  
*Lord, have mercy upon me!*

Have mercy on me, God  
In your kindness.  
In your compassion  
Blot out my offence.  
O wash me more and more  
From my guilt,  
And cleanse me from my sin.  
My offences truly I know them:  
And my sin is always before me.  
Against you, you alone, have I sinned,  
What is evil in your sight I have done.

Glory be to the Father, and to the Son,  
And to the Holy Spirit,  
From eternity and forever, Amen.

Have mercy on me, God, in your kindness.  
In your compassion blot out my offences.  
Lord, have mercy upon me. Christ, have  
mercy upon me! Lord, have mercy upon  
me.

**Prayer for Help (D'Udrana) from the Syro-Malabar Breviary:**

Lord our God, make us worthy to share  
the hidden power, infinite love and  
unending help of the most Holy Trinity.  
May the intercession of the Blessed  
Virgin Mary, the prayer of Saint Joseph,  
The holy Apostles, especially our father in  
faith Saint Thomas, Saint George and other  
martyrs, and the saints of our Church, and  
[saints added here]..., patron/patroness of this Church, and  
of all other saints and doctors come to our  
assistance. May they lead us to eternal  
happiness, by providing us with shelter, help  
and protection from the devil and his armies.  
For, you are the Lord of all, the Father,  
the Son, and the Holy Spirit, forever.  
Amen.

### **Nighttime Hymn of St Ephrem the Syrian**

\* O Lord, have mercy on us; Lord, accept our services. Lord, turn not your face away; from sinners who call to you.

\* Send to me a guardian, to protect me as I sleep, and, by your own living Flesh, save me from all evil things.

\* Guide my sleep throughout this night, that it be filled with your peace; lest the evil one harm me, or thoughts filled with wickedness.

\* Through the holy cross, O Lord, on which you humbled yourself, grant me restful sleep tonight, and deliver me from harm.

\* May your Body I received, guard me from evil desires; may the Blood you shed for me, grant me rest within your peace.

\* May the fortress of your mercy guard my soul, which is your image, may your right hand guard my flesh, which your hand has fashioned.

\* May the stronghold of your mercy shelter me, a mighty shield, and when I am fast asleep, may your power be my guard.

\* Let my slumber come ascend, incense to your holy throne. By your Mother's intercession, keep the devil from my bed.

\* By your sacrifice for all, chase the evil one away; your promise fulfill in me; by your cross protect my life.

\* That I rise and serve you well, thanking you for all your love; Glory to You, and your Father, and your hallowing Spirit.