

Catholic Prayers and Practices

Sign of the Cross

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

Glory Prayer

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.

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 you!
Blessed are you among women,
and blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Nicene Creed

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
worshiped 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.

Catholic Prayers and Practices

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.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell.
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.

Morning Prayer

Dear God,
as I begin this day,
keep me in your love and care.
Help me to live as your child today.
Bless me, my family, and my friends in all we do.
Keep us all close to you. Amen.

Evening Prayer

Dear God,
I thank you for today.
Keep me safe throughout the night.
Thank you for all the good I did today.
I am sorry for what I have chosen to do wrong.
Bless my family and friends. Amen.

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.

Grace after Meals

We give you thanks for all your gifts, almighty God,
living and reigning now and for ever. 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 Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints

Prayer to the Holy Spirit

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

Act of Faith

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. Amen.

Catholic Prayers and Practices

Act of Hope

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

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.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior for he has
looked with favor on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

LUKE 1:46-55

Memorare

Remember, most loving Virgin Mary,
never was it heard
that anyone who turned to you for help
was left unaided.

Inspired by this confidence,
though burdened by my sins,
I run to your protection
for you are my mother.

Mother of the Word of God,
do not despise my words
of pleading
but be merciful and
hear my prayer.
Amen.

Hail, Holy Queen

Hail, holy Queen, mother of mercy,
hail, our life, our sweetness,
and our hope.

To you we cry, the children of Eve;
to you we send up our sighs,
mourning and weeping
in this land of exile.

Turn, then, most gracious advocate,
your eyes of mercy toward us;
lead us home at last
and show us the blessed fruit
of your womb, Jesus:
O clement, O loving, O sweet
Virgin Mary.

Catholic Prayers and Practices

Rosary

Catholics pray the Rosary to honor Mary and remember the important events in the life of Jesus and Mary. We begin praying the Rosary by praying the Apostles' Creed, the Lord's Prayer, and three Hail Marys. Each mystery of the Rosary is prayed by praying the Lord's Prayer once, the Hail Mary ten times, and the Glory Prayer once. When we have finished the last mystery, we pray the Hail, Holy Queen.

Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

Mysteries of Light

1. The Baptism of Jesus in the Jordan River
2. The Miracle at the Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls the third time.
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is buried in the tomb.

Some parishes conclude the Stations by reflecting on the Resurrection of Jesus.

The Great Commandment

"You shall love the Lord,
your God, with all your
heart, with all your soul,
and with all your mind. . . .
You shall love your neighbor as yourself."

Matthew 22:37, 39

The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods

Catholic Prayers and Practices

Precepts of the Church

1. Participate in Mass on Sundays and holy days of obligation and rest from unnecessary work.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during the Easter season.
4. Observe the prescribed days of fasting and abstinence.
5. Provide for the material needs of the Church, according to one's abilities.

The Beatitudes

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

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger
and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the
sake of righteousness,
for theirs is the kingdom of heaven.

“Blessed are you when they insult you and
persecute you and utter every kind of evil against
you [falsely] because of me. Rejoice and be glad,
for your reward will be great in heaven.”

MATTHEW 5:3-1

Theological Virtues

Faith
Hope
Love

Cardinal, or Moral, Virtues

Prudence
Justice
Fortitude
Temperance

Corporal Works of Mercy

Feed people who are hungry.
Give drink to people who are thirsty.
Clothe people who need clothes.
Visit prisoners.
Shelter people who are homeless.
Visit people who are sick.
Bury people who have died.

Spiritual Works of Mercy

Help people who sin.
Teach people who are ignorant.
Give advice to people who have doubts.
Comfort people who suffer.
Be patient with other people.
Forgive people who hurt you.
Pray for people who are alive and
for those who have died.

Catholic Prayers and Practices

Gifts of the Holy Spirit

Wisdom

Understanding

Right judgment (Counsel)

Courage (Fortitude)

Knowledge

Reverence (Piety)

Wonder and awe (Fear of the Lord)

Fruits of the Holy Spirit

love

joy

peace

patience

kindness

goodness

generosity

gentleness

faithfulness

modesty

self-control

chastity

Basic Principles of the Church's Teaching on Social Justice

The Church's teaching on social justice guides us in living lives of holiness and building a just society. These principles are:

1. All human life is sacred. The basic equality of all people flows from their dignity as human persons and the rights that flow from that dignity.
2. The human person is the principle, the object, and the subject of every social group.

3. The human person has been created by God to belong to and to participate in a family and other social communities.
4. Respect for the rights of people flows from their dignity as persons. Society and all social organizations must promote virtue and protect human life and human rights and guarantee the conditions that promote the exercise of freedom.
5. Political communities and public authority are based on human nature. They belong to an order established by God.
6. All human authority must be used for the common good of society.
7. The common good of society consists of respect for and promotion of the fundamental rights of the human person; the just development of material and spiritual goods of society; and the peace and safety of all people.
8. We need to work to eliminate the sinful inequalities that exist between peoples and for the improvement of the living conditions of people. The needs of the poor and vulnerable have a priority.
9. We are one human and global family. We are to share our spiritual blessings, even more than our material blessings.

Based on the Catechism of the Catholic Church

Catholic Prayers and Practices

The Seven Sacraments

Jesus gave the Church the seven sacraments. The sacraments are the main liturgical signs of the Church. They make the Paschal Mystery of Jesus, who is always the main celebrant of each sacrament, present to us. They make us sharers in the saving work of Christ and in the life of the Holy Trinity.

Sacraments of Initiation

Baptism

We are joined to Jesus Christ, become members of the Church, receive the gift of the Holy Spirit, and are reborn as God's adopted children. Original and all personal sins are forgiven.

Confirmation

Our Baptism is sealed with the gift of the Holy Spirit.

Eucharist

We receive the Body and Blood of Christ who is truly and really present under the appearances of bread and wine. We share in the one sacrifice of Christ. Sharing in the Eucharist most fully joins us to Christ and to the Church.

Sacraments of Healing

Penance and Reconciliation

We receive God's gift of forgiveness and peace.

Anointing of the Sick

Jesus' work of healing is continued in our lives and strengthens our faith and trust in God when we are seriously ill or dying.

Sacraments at the Service of Communion

Holy Orders

A baptized man is ordained and consecrated to serve the Church as a bishop, priest, or deacon.

Matrimony

A baptized man and a baptized woman are united in a lifelong bond of faithful love. They become a sign of God's love for all people and of Christ's love for the Church.

Catholic Prayers and Practices

Celebrating the Mass

The Introductory Rites

Entrance Song
Greeting
The Penitential Rite or Rite of Blessing
and Sprinkling Holy Water
The Gloria
The Opening Prayer (Collect)

The Liturgy of the Word

The First Reading from the Bible (Usually
from the Old Testament)
The Responsorial Psalm
The Second Reading from the Bible
(Usually from New Testament Letters)
Acclamation
The Gospel
The Homily
The Profession of Faith
The Prayer of the Faithful

The Liturgy of the Eucharist

The Preparation of the Altar and the Gifts
The Prayer Over the Gifts
The Eucharistic Prayer
The Communion Rite
The Lord's Prayer
The Sign of Peace
The Breaking of the Bread
Communion
The Prayer after Communion

The Concluding Rites

Greeting
Blessing
Dismissal

Celebrating Reconciliation

Individual Rite of Reconciliation

Greeting
Scripture Reading
Confession of Sins
Act of Contrition
Absolution
Closing Prayer

Communal Rite of Reconciliation

Greeting
Scripture Reading
Homily
Examination of Conscience with Litany of
Contrition and the Lord's Prayer
Individual Confession and Absolution
Closing Prayer

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

Catholic Prayers and Practices

The Books of the Bible

The Old Testament

Law (Torah) or Pentateuch

Genesis	(Gn)
Exodus	(Ex)
Leviticus	(Lv)
Numbers	(Nm)
Deuteronomy	(Dt)

Historical Books

Joshua	(Jos)
Judges	(Jgs)
Ruth	(Ru)
First Book of Samuel	(1 Sm)
Second Book of Samuel	(2 Sm)
First Book of Kings	(1 Kgs)
Second Book of Kings	(2 Kgs)
First Book of Chronicles	(1 Chr)
Second Book of Chronicles	(2 Chr)
Ezra	(Ezr)
Nehemiah	(Neh)
Tobit	(Tb)
Judith	(Jdt)
Esther	(Est)
First Book of Maccabees	(1 Mc)
Second Book of Maccabees	(2 Mc)

The Poetry and Wisdom Books

Job	(Jb)
Psalms	(Ps)
Proverbs	(Prv)
Ecclesiastes	(Eccl)
Song of Songs	(Sg)
Wisdom	(Wis)
Sirach/Ecclesiasticus	(Sir)

Prophets

Isaiah	(Is)
Jeremiah	(Jer)
Lamentations	(Lam)
Baruch	(Bar)
Ezekiel	(Ez)
Daniel	(Dn)
Hosea	(Hos)
Joel	(Jl)
Amos	(Am)
Obadiah	(Ob)
Jonah	(Jon)
Micah	(Mi)
Naham	(Na)
Habakkuk	(Hb)
Zephaniah	(Zep)
Haggai	(Hg)
Zechariah	(Zec)
Malachi	(Mal)

The New Testament

The Gospels

Matthew	(Mt)
Mark	(Mk)
Luke	(Lk)
John	(Jn)

Early Church

Acts of the Apostles	(Acts)
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Letters of Paul and Other Letters

Romans	(Rom)
First Letter to the Corinthians	(1 Cor)
Second Letter to the Corinthians	(2 Cor)
Galatians	(Gal)
Ephesians	(Eph)
Philippians	(Phil)
Colossians	(Col)
First Letter to the Thessalonians	(1 Thes)
Second Letter to the Thessalonians	(2 Thes)
First Letter to Timothy	(1 Tm)
Second Letter to Timothy	(2 Tm)
Titus	(Ti)
Philemon	(Phlm)
Hebrews	(Heb)
James	(Jas)
First Letter of Peter	(1 Pt)
Second Letter of Peter	(2 Pt)
First Letter of John	(1 Jn)
Second Letter of John	(2 Jn)
Third Letter of John	(3 Jn)
Jude	(Jude)

Revelation

Revelation	(Rv)
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