



CATHOLIC
PRAYERS
AND
PRACTICES



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 Be (Doxology)

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.

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.

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with 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.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and
apostolic Church.

I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

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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 of 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,
and is seated at the right hand of God
the Father almighty;
from there he will 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.

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 thy gifts,
which we are about to receive from thy bounty,
through Christ our Lord. Amen.

Grace after Meals

We give thee thanks, for all thy benefits,
almighty God, who lives and reigns forever.
Amen.

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.

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.

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Act of Faith

O 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.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it, who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Magnificat

...“My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior.
For he has looked upon his handmaid’s lowliness;
Behold, from now on will all ages call me blessed.
The Mighty One has done great things for me,
and holy is his name.
His mercy is from age to age
to those who fear him.
He has shown might with his arm,
dispersed the arrogant of mind and heart.
He has thrown down the rulers from their thrones
but lifted up the lowly.
The hungry he has filled with good things;
the rich he has sent away empty.
He has helped Israel his servant,
remembering his mercy,
according to his promise to our fathers,
to Abraham and to his descendants forever.”

LUKE 1:46–55

Memorare

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

Hail, Holy Queen

Hail, holy Queen, Mother of mercy:
Hail, our life, our sweetness and our hope.
To you do we cry, poor banished
children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile
show unto 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 lives 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 Be 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 in the Temple
5. The Finding of the Child Jesus After Three Days in the Temple

Luminous Mysteries

1. The Baptism of Jesus at the Jordan
2. The Miracle at Cana
3. The Proclamation of the Kingdom and the Call to Conversion
4. The Transfiguration
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 and Death

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption of Mary
5. The Crowning of the Blessed Virgin as Queen of Heaven and Earth

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.

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon of Cyrene, helps Jesus.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus speaks to the women of Jerusalem.
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 removed from the cross.
14. Jesus is placed 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

CATHOLIC PRAYERS AND PRACTICES

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.

Based on Exodus 20: 2-3, 7-17

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 5:3-11

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 St. Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

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.

CATHOLIC PRAYERS AND PRACTICES

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.

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 (charity)
joy
peace
patience
kindness
goodness
generosity
gentleness
faithfulness
modesty
self-control
chastity

Seven Themes of Catholic Social Teaching

The seven principles of Catholic Social Teaching guide us in living lives of holiness and building a just society. These principles are:

1. Life and Dignity of the Human Person

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 avoid.

2. Call to Family, Community, and Participation

The human person has been created by God to belong to and to participate in a family and in other social communities.

3. Rights and Responsibilities

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 avoid.

4. Option for the Poor and Vulnerable

The needs of the poor and vulnerable have a priority. Individuals, communities, and nations must work to eliminate the inequalities that exist between the peoples of the world.

5. The Dignity of Work and the Rights of Workers

Work is both a way to make a living and a way to share in God's creation. Workers have the right to productive work and to fair wages.

6. Solidarity

We are one human and global family, called to share our spiritual and our material blessings. We are to work for justice and promote peace.

7. Care for God's Creation

We are called to care for the world that God created and all that is within it.

To learn more about the Seven Themes of Catholic Social Teaching, go to [usccb.org/What We Believe](http://usccb.org/What-We-Believe). Click on "Catholic Social Teaching."

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

Through Baptism, we are joined to Christ and become members of the Body of Christ, the Church. We are reborn as adopted children of God and receive the gift of the Holy Spirit. Original Sin and all personal sins are forgiven.

Confirmation

Confirmation completes Baptism. In this Sacrament, the gift of the Holy Spirit strengthens us to live our Baptism.

Eucharist

Sharing in the Eucharist joins us most fully to Christ and to the Church. We share in the one sacrifice of Christ. The bread and wine become the Body and Blood of Christ through the power of the Holy Spirit and the words of the priest. We receive the Body and Blood of Christ.

Sacraments of Healing

Penance and Reconciliation

Through the ministry of the priest, we receive forgiveness of sins committed after our Baptism. We need to confess all mortal sins.

Anointing of the Sick

Anointing of the Sick strengthens our faith and trust in God when we are seriously ill, dying, or weak because of old age.

Sacraments at the Service of Communion

Holy Orders

Through Holy Orders, a baptized man is consecrated to serve the whole Church as a bishop, priest, or deacon in the name of Christ. Bishops, who are the successors of the Apostles, receive this Sacrament most fully. They are consecrated to teach the Gospel, to lead the Church in the worship of God, and to guide the Church to live holy lives. Bishops are helped in their work by priests, their coworkers, and by deacons.

Matrimony

Matrimony unites a baptized man and a baptized woman in a lifelong bond of faithful love to honor each other always and to accept the gift of children from God. In this Sacrament, the married couple is consecrated to be a sign of God's love for the Church.

CATHOLIC PRAYERS AND PRACTICES

We Celebrate the Mass

The Introductory Rites

The Entrance
Greeting of the Altar and of the People
Gathered
The Penitential Act
The Gloria
The Collect

The Liturgy of the Word

The First Reading from Scripture
The Responsorial Psalm
The Second Reading from Scripture
The 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 Gifts
The Prayer over the Offerings
Preface
The Eucharistic Prayer
Doxology

The Communion Rite

The Lord's Prayer
The Sign of Peace
The Fraction, or Breaking of the Bread
Communion
The Prayer after Communion

The Concluding Rites

Greeting
Final Blessing
Dismissal of the People

The Sacrament of Penance and Reconciliation

Individual Rite

Greeting
Scripture Reading
Confession of Sins and Acceptance of Penance
Act of Contrition
Absolution
Closing Prayer

Communal Rite

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

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)
Nahum	(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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