

## Catholic Prayers to Know by Heart

### **The Sign of the Cross**

+ In the Name of the Father,  
and of the Son,  
and of the Holy Spirit.  
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.

### **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.  
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.

### **Our Father (The 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.

### **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.

### **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.