
Catholic Prayers & Precepts

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The Sign of the Cross

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

Using your right hand, you should touch:

- your forehead at the mention of the Father;
- your heart at the mention of the Son;
- your left shoulder on the word "Holy"
- and your right shoulder on the word "Spirit."

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.
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,
as it was in the beginning
is now and ever shall be
world without end.
Amen

Act of Contrition (current)

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.

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 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

Act of Contrition (traditional)

O, my God,
I am heartily sorry
for having offended you.
I detest all my sins
because of your just punishment,
but most of all because they offend you,
my God, who are all-good
and deserving of all my love.
I firmly resolve,
with the help of Your grace,
to sin no more
and to avoid the near occasions of sin.
Amen.

The Angelus

The angel spoke God's message to Mary,
and she conceived of the Holy Spirit.
Hail Mary....

"I am the lowly servant of the Lord:
Let it be done to me according to your word."
Hail Mary....

And the Word became flesh
And lived among us.
Hail Mary....

Pray for us, holy Mother of God, that we may
become worthy of the promises of Christ.
Let us pray.
Lord, Fill our hearts with your grace: once,
through the message of an angel you
revealed to us the Incarnation of your Son;
now, through his suffering and death
lead us to the glory of his resurrection.
We ask this through Christ our Lord.
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 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

Nicene Creed (new Roman Missal)

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.

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.

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,
through 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

The Cantic of Mary, The 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 throne
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.

The Cantic of Zechariah

Blessed be the Lord, the god of Israel,
for he has visited and brought redemption
to his people.
He has raised up a horn for our salvation.
Within the house of David his servant,
even as he promised through the mouth of his
holy prophets from old:
salvation from our enemies and from the
hand of all who hate us,
to show mercy to our fathers
and to be mindful of his holy covenant
and of the oath he swore to Abraham our
father,
and to grant us that, rescued from the hand
of enemies,
without fear we might worship him in holiness
and righteousness before him all our days.
And you, child, will be called prophet of the
Most High,
for you will go before the Lord to prepare his
ways, to give his people knowledge of
salvation through the forgiveness of their
sins,
because of the tender mercy of our God
by which the daybreak from on high
will visit us
to shine on those who sit in darkness and
death's shadow, to guide our feet into the
path of peace.

Prayer for Vocation

Dear God,
You have a great and loving plan
for our world and for me.
I wish to share in that plan fully, faithfully, and
joyfully.
Help me to understand what it is you wish me to
do with my life.
Help me to be attentive to the sign that you give
me about preparing for the future.
Help me to learn to be a sign of the kingdom of
God whether I'm called to the priesthood or
religious life, the single or married life.
And once I have heard and understood your call,
give me the strength and the grace to follow
it with generosity and love. Amen

The Precepts of the Church

- You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
- You shall confess your sins at least once a year.
- You shall receive the Sacrament of the Eucharist at least during the Easter season.
- You shall observe the days of fasting and abstinence by the Church.
- You shall help to provide for the needs of the Church.

Corporal Works of Mercy

- Feed the hungry.
- Give drink to the thirsty.
- Clothe the naked.
- Visit the imprisoned.
- Shelter the homeless.
- Visit the sick.
- Bury the dead

The Holy Days of Obligation

(celebrated by the Church in the United States)

- Solemnity of Mary, Mother of God (Jan. 1)
- Ascension (when celebrated on Thursday during the Easter Season)*
- Assumption of Mary (August 15)
- All Saints Day (November 1)
- Immaculate Conception (December 8)
- Christmas (December 25)

**Some dioceses celebrate the Ascension on the following Sunday.*

Spiritual Works of Mercy

- Admonish the sinner.
(Give correction to those who need it.)
- Instruct the ignorant.
(Share our knowledge with others.)
- Counsel the doubtful.
(Give advice to those who need it.)
- Comfort the sorrowful.
(Comfort those who suffer.)
- Bear wrongs patiently.
(Be patient with others.)
- Forgive all injuries.
(Forgive those who hurt us.)
- Pray for the living and the dead.