

# Prayers to Know



## Prayer of Praise

Glory be to the Father,  
And 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.

## Sign of the Cross

In the name of the Father,  
And of the Son,  
And of the Holy Spirit.  
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.

## 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.

## 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.

## **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 Scripture;  
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

## **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.

## **The Two Great Commandments**

You shall love the Lord your God  
with all your heart, and with all  
your soul, and with all of your  
mind, and with all of your  
strength.

You shall love your neighbor as  
yourself.

## **The Seven Sacraments**

Baptism  
Confirmation  
Eucharist  
Penance (Reconciliation)  
Anointing of the sick  
Holy orders  
Matrimony

