

WHAT EVERY CATHOLIC SHOULD KNOW

Sign of the Cross

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

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, 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.

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.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation of sins, and the reunion of all Christians. I offer them for all the intentions of our Bishops, of all the Apostles of Prayer, and in particular for those recommended by Our Holy Father for this month.

The Apostle's 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; 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 thence He shall 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.

Prayer to Your Guardian Angel

Angel of God, my guardian dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, 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.

Act of Faith

O my God, I firmly believe that you are the 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. I believe these and all the truths which the Holy Catholic Church teaches because You have revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy 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

O 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.

Grace Before Meals

Bless Us, O Lord, and these our gifts, which we are about to receive from Your bounty, through Christ our Lord. Amen.

Grace After Meals

We give you thanks, Almighty God, for these and all your benefits, which we have received from your bounty, through Christ our Lord. Amen.

Prayer for the Poor Souls

Eternal Rest grant unto them, O Lord.

Response: And let perpetual light shine upon them. May their souls and all the souls of all the faithful departed, through the mercy of God, rest in peace. Amen

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, thrust into hell Satan and all other evil spirits who prowl about the world seeking the ruin of souls. Amen.

The Divine Shepherd

(Psalm 23)

The Lord is my Shepherd, I shall not want. In verdant pastures he gives me repose. Besides restful waters he leads me; He refreshes my soul. He guides me in right paths for His name's sake. Even though I walk in the valley of darkness I fear no evil; for You are at my side. With your rod and your staff that give me courage. You spread the table before me in the sight of my foes. You anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord forever.

The Magnificat

My soul magnifies the Lord, and my spirit rejoices in God my Savior;
because He has regarded the lowliness of His handmaid; for, behold, henceforth all generations shall
call be blessed.

Because He who is mighty has done great things for me and holy is His name.

His mercy is from generation to generation on those who fear Him.

He has shown might with His arm, He has scattered the proud in the conceit of their heart.

He has put down the mighty from their thrones, and has exalted the lowly.

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

He has given help to Israel, His servant, mindful of His mercy – Even as He has spoke to our fathers
– to Abraham and to His posterity forever.

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 with this
confidence, I fly to you, O Virgin of virgins, my mother. To you, 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.

The Angelus

The angel of the Lord declared unto Mary.

Response: And she conceived of the Holy Spirit. (Hail Mary)

Behold the handmaid of the Lord.

Response: May it be done unto me according to your word. (Hail Mary)

And the Word was made flesh.

Response: And dwelt among us. (Hail Mary)

Pray for us, O holy Mother of God.

Response: That we may be worthy of the promises of Christ.

Let us pray: O Lord, it was through the message of an angel that we learned of the Incarnation of
Christ, your Son. Pour your grace into our hearts, and by his Passion and Cross bring us to the glory
of his Resurrection, through Christ our Lord. Amen.

The Great Commandment

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

This is the greatest and the first commandment.

And the second is like it: You shall love your neighbor as yourself.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, 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 vale 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.

Pray for us, O holy Mother of God.

Response: That we may be worthy of the promises of Christ.

The Stations of the Cross

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

We adore you, O Christ, and we bless you.

Response: Because by your holy cross, you have redeemed the world.

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 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.

The Beatitudes

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

Blessed are the meek, for they shall possess the earth.

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

Blessed are they who hunger and thirst for justice, for they shall be justified.

Blessed are the merciful, for they shall obtain mercy.

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

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

Blessed are they who suffer persecution for justice' sake, for theirs is the kingdom of heaven.

The Confiteor

I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary, ever Virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen.

Responses during Mass

The Lord be with you.
And with your spirit.

*Lord have mercy.
Christ have mercy.
Lord have mercy.*

The Word of the Lord.
Thanks be to God.
The gospel of the Lord.
Praise to you, Lord Jesus Christ.

Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.

*We proclaim your death, O Lord,
and profess your resurrection until you come again.*

*When we eat this bread and drink this cup, we proclaim
Your death, O Lord, until you come again.*

Save us, Savior of the world, for by your cross and resurrection, you have set us free.

After the Our Father:
*For the Kingdom, the power, and the glory are yours, now and
forever.*

*Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.*

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

*Lord, I am not worthy that you should enter under my roof,
but only say the word and my soul shall be healed.*

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 mother.
5. You shall not kill.
6. You shall not steal.
7. You shall not commit adultery.
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.

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

Gifts of the Holy Spirit

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord

Come, 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 shall renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation.

Through Christ our Lord. Amen.

The Serenity Prayer

Lord, grant me the serenity to
accept the things
I cannot change,
The courage to change
the things I can,
and the wisdom
to know the difference.

How to Pray the Rosary

1. Make the Sign of the Cross and say the say the Apostle's Creed.
2. Say the Our Father.
3. Say three Hail Marys.
4. Say the Glory Be to the Father.
5. Announce the first mystery; then say the Our Father.
6. Say ten Hail Marys, while meditating on the mystery.
7. Say the Glory Be to the Father, followed by the Fatima Prayer:

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls into heaven, especially those in most need of your mercy.

8. Announce the second mystery; then say the Our Father.

Repeat 6 & 7, and continue with third, fourth, and fifth mysteries in the same manner.

9. Say the Hail Holy Queen.

10. Say the following prayer:

Let us pray: O God whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

When to Pray the Mysteries

Joyful Mysteries	Monday and Saturday
Sorrowful Mysteries	Tuesday and Friday
Glorious Mysteries	Wednesday and Sunday
Luminous Mysteries	Thursday

Joyful Mysteries

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

Sorrowful Mysteries

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

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of the Blessed Mother

Luminous Mysteries

1. Christ's Baptism in the Jordan River
2. The Wedding Feast at Cana
3. Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Immaculate Conception School End of the Day Prayer

Thank you, Father, for our school community and for the Catholic faith we share. Help us to follow in the footsteps of Jesus and love others in your name. Give us the grace to grow in virtue each day. Amen.