

# Everyday

PRAYERS

A Catholic Prayer  
Companion



# ESSENTIAL PRAYERS

## **The Lord's Prayer**

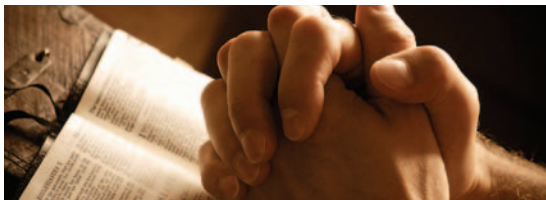
Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. *Amen.*

## **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 the hour of our death. *Amen.*

## **Glory Be to the Father**

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.*



## **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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

## **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.*

—*Rite of Penance, #45*

# PRAYERS TO MARY

## **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 we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy upon us, and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. *Amen.*

## **Memorare**

Remember, most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, and 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. Mother of the Word Incarnate, despise not my petitions but in your mercy hear and answer me. *Amen.*

## **Regina Caeli (Queen of Heaven)**

O Queen of heaven, rejoice, alleluia!  
For he whom you chose to bear, alleluia!  
is risen as he said, alleluia!  
Pray for us to God, alleluia!  
Rejoice and be glad, O Virgin Mary, alleluia!

For the Lord is truly risen, alleluia!  
O God, by the resurrection of your Son, our Lord,  
you were pleased to make glad the whole world;  
grant, we beseech you, that through the intercession  
of the Virgin Mary, his mother, we may attain the joys  
of everlasting life, through the same Christ our Lord.  
*Amen.*

### **Canticle of Mary**

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 the promise he made to our ancestors,  
to Abraham and to his descendants forever.

*The Magnificat, (Luke 1:46-55)*

# PRAYERS THROUGH THE DAY

## MORNING PRAYERS

### Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father.

*Amen.*

### Day by Day

Day by day, O dear Lord, three things I pray:  
to see thee more clearly,  
love thee more dearly,  
follow thee more nearly, day by day. *Amen.*

—*St. Richard of Chichester*

### My Morning Commitment

Lord Jesus, I give you my hands to do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you do.  
I give you my tongue to speak your words.  
I give you my mind that you may think in me.  
I give you my spirit that you may pray in me.  
Above all, I give you my heart

that you may love in me your Father and all humanity.  
I give you my whole self  
that you may grow in me, so that it is you,  
Lord Jesus, who live and work and pray in me. *Amen.*

—*Grail Prayer*

### **Lord, I am Yours**

Lord, I am yours,  
and I must belong to no one but you.

My soul is yours,  
and must live only through you.

My will is yours,  
and must love only for you.

I must love you as my first cause,  
since I am from you.

I must love you as my goal and rest,  
since I am for you.

I must love you more than my own being,  
since by being comes from you.

I must love you more than myself,  
since I am all yours and all in you. *Amen.*

—*St. Francis de Sales*



## **My Morning Dedication**

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and all my will—all that I have and possess.  
You, Lord, have given all that to me.  
I now give it back to you, O Lord.  
All of it is yours.  
Dispose of it according to your will.  
Give me your love and your grace,  
for that is enough for me. *Amen.*

—*St. Ignatius Loyola*

## **Each New Day**

Let me pause as I begin this new day to give it to you,  
Lord. Before the tumult of activities breaks in; before  
breakfast plates crash through my still sleepy mind;  
for this last moment in my bed, thank you, Lord.  
Let me hold your promise of new life. Keep me from  
slipping back for I know that what is forgiven is as  
if it never were. Each new day, your grace gives me a  
fresh start to walk in your light again. May the Lord  
support us all the day long, till the shades lengthen  
and the evening comes, and the busy world is hushed,  
and the fever of life is over, and our work is done.  
Then in his mercy may he give us a safe lodging, and  
a holy rest, and peace at the last. *Amen.*

—*Bl. John Henry Cardinal Newman*



## MIDDAY PRAYER

### **The Angelus**

The angel of the Lord declared unto Mary,  
and she conceived of the Holy Spirit.

*Hail Mary...*

Behold, the handmaid of the Lord;  
be it done to me according to your word.

*Hail Mary...*

And the word was made flesh,  
and dwelt among us.

*Hail Mary...*

Pray for us, O holy Mother of God;  
that we may be made worthy of the  
promises of Christ.

Pour forth, we beseech you, O Lord, your grace into  
our hearts that we, to whom the incarnation of your  
Son was made known by the message of an angel, may  
by his passion and cross be brought to the glory of his  
resurrection. We ask this through the same Christ, our  
Lord. *Amen.*

## EVENING PRAYERS

### **God, Watch Over Us**

We pray, Creator of everything, at this hour preceding  
night, that you will be merciful and watch over us.  
Let the dreams and phantoms of the night be scattered.  
Keep us safe from our enemy and make us holy. *Amen.*

—*St. Ambrose*

## Evening Praise

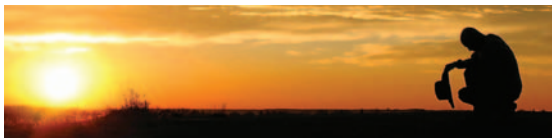
Be present, merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world, may repose on your eternal changelessness. Visit our homes, O Lord, and drive far away from them all the snares of the enemy. Let your holy angels dwell therein to preserve us in peace; and may your blessing be upon us evermore, through Jesus Christ our Lord.  
*Amen.*

—*Liturgy of the Hours*

## O King of Night and Day

Alone with none but you, my God  
I journey on my way.  
What need I fear, when you are near,  
O king of night and day?  
More safe am I within your hand  
than if a host did round me stand.  
Be a bright flame before me  
a guiding star above me  
a smooth path beneath me,  
a kindly shepherd behind me,  
today—tonight—and forever. *Amen.*

—*St. Columba*



# PRAYERS FOR VARIOUS OCCASIONS

## **Before Meals (Grace)**

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

## **After Meals**

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

## **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 human and died for our sins, and that he will come again to judge the living and the dead. I believe these and all the truths that the holy Catholic Church teaches because you, who cannot deceive nor be deceived, revealed them. *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 ask pardon of all whom I have injured. *Amen.*

## **The 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.*

## **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, O Lord,  
and renew the face of the earth.

O God, on the first Pentecost you instructed the hearts of those who believed in you by the light of the Holy Spirit:

under the inspiration of the same Spirit,  
give us a taste for what is right and true and  
a continuing sense of his joy-bringing presence and  
power, through Jesus Christ our Lord. *Amen.*

### **Prayer After Communion (Anima Christi)**

Soul of Christ, make me holy.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me clean.  
Passion of Christ, strengthen me.  
Kind Jesus, hear me.  
Hide me within your wounds.  
Let me never be separated from you.  
Defend me from evil.  
In the hour of my death call me to yourself,  
that with your saints I may praise you  
in everlasting life. *Amen.*

### **Prayer to Jesus in the Eucharist**

Jesus, from all eternity you were pleased to give  
yourself to us in love. And you planted within us  
a deep spiritual desire that can only be satisfied by  
yourself. We are made to love you; you created us as  
your lovers. If my tongue cannot say in every moment  
that I love you, I want my heart to repeat it to you as  
often as I draw breath. *Amen.*

—*St. John Vianney, the Curé of Ars*

## **Prayer for Families**

Help us, O loving Father, to make our family another Nazareth where love, peace and joy reign. Teach us to see Jesus in the members of our families, especially in their distressing disguise. May we love one another as God loves each one of us, more and more each day, and forgive each other's faults as you forgive our sins. Help us, O Loving Father, to take whatever you give and give whatever you take with a big smile. *Amen.*

—*Bl. Mother Teresa of Calcutta*

## **Help Me to Seek You**

Grant me, O Lord my God,  
a mind to know you, a heart to seek you,  
wisdom to find you, conduct pleasing to you,  
faithful perseverance in waiting for you,  
and a hope of finally embracing you. *Amen.*

—*St. Thomas Aquinas*

## **Here Is My Heart, O God**

Here is my heart, O God,  
here it is with all its secrets;  
look into my thoughts, O my hope,  
and take away all my wrong feelings;  
let my eyes ever be on you  
and release my feet from the snare. *Amen.*

—*St. Augustine of Hippo*

## Walk in Peace

Go forth in peace, for you have followed the good road. Go forth without fear, for God who created you has made you holy, has always protected you, and loves you like a mother. Blessed be you, My God, for having created me. *Amen.*

—*St. Clare of Assisi*

## Prayer for Peace

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.  
*Amen.*

—*St. Francis of Assisi*

## The Serenity Prayer

O God, 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.

Living one day at a time,  
enjoying one moment at a time.

Accepting hardships as the pathway to peace.

Taking, as He did, this sinful world as it is,  
not as I would have it.

Trusting that He will make all things right  
if I surrender to His will;

that I may be reasonably happy in this life,  
and supremely happy with Him forever.

—*Reinhold Niebuhr*

