

## Frequently used Prayers

### **Our Father**

Our Father, who art in heaven,  
Hallowed by 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 amongst 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. Amen

### **Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thy intercession was left unaided.  
Inspired by this confidence, we fly unto thee, O Virgin of virgins my Mother.  
To thee do we come, sinful and sorrowful; O Mother of the Word Incarnate,  
despise not our petitions, but in thy mercy hear and answer them.

### **Guardian Angel Prayer**

Angel of God, my Guardian dear,  
to whom God's love entrusts me here,  
ever this day (or night) be at my side,  
to light and guard, to rule and guide. Amen

### **Anima Christi**

Soul of Christ, make me holy  
Body of Christ, be my salvation  
Blood of Christ, let me drink your wind.  
Water flowing from the side of Christ, wash me clean  
Passion of Christ, strengthen me.  
Kind Jesus, hear my prayer.  
Hide me within your wounds, and keep me close to you.  
Defend me from the evil enemy,  
and call me at the hour of my death to the fellowship of your saints,  
that I might sing your praise with them for all eternity. Amen

### **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 thy 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  
Let us pray,  
Pour forth, we beseech Thee, O Lord,  
Thy grace into our hearts, that we to whom the Incarnation of Christ  
Thy Son was made known by the message of an angel,  
may by His Passion and Cross be brought to the glory of His Resurrection. Amen