



# CATHOLIC

## PRAYERS AND PRACTICES

*including THE ORDER OF MASS*

### **The Sign of the Cross**

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



### **Glory Be (Doxology)**

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.

### **Our Father (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.

### **Prayer to the 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 will renew the  
face of the earth.

### **The 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.

## 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.

## 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 man and  
died for our sins, and that he  
will come to judge the living  
and the dead. Amen.

## Act of Hope

O my God,  
relying on  
your infinite  
goodness 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.

