

# Memorize These Prayers!

## 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 at the hour of our death. Amen.

## Prayer before Meals

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

## Act of Contrition

O my God,  
I am heartily sorry for having offended Thee,  
and I detest all my sins  
because of Thy just punishments,  
but most of all because they offend Thee, my God,  
Who art all-good and deserving of all my love.  
I firmly resolve, with the help of Thy grace,  
to sin no more and to avoid the near occasions of sin.  
Amen.

## The Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
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.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. 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.