

Appendix of Prayers

Prayers of the Mass revised in accordance with the Roman Missal, Third Edition. November 2011.

The Prayers listed below, and reproduced on the following pages, are meant to be a resource to parents, grandparents, teachers, godparents, confirmation sponsors, etc. They should be introduced to children in an age appropriate manner and repeated in the home and in the classroom so that they become the source of spiritual growth and nourishment for a lifetime.

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1. The Sign of the Cross

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

2. 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.

3. 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.

4. 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.

5. Angel of God

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

6. Prayer Before Meals

Bless us, O Lord, and these thy gifts
which we are about to receive
from your goodness.
Through Christ our Lord.
Amen.

7. Act of Contrition

O my God,
I am heartily sorry for having
offended you,
and I detest all my sins because I dread
the loss of heaven and the pains of hell.
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 confess my sins,
to do penance,
and to amend my life.
Amen.

8. Form of Confession

I. Examination of Conscience

When I want to share in the sacrament
of Reconciliation, I first remember how much
God loves me. I remember what kind of person
Jesus calls me to be. I ask myself:

- a. Do I think about God and thank him for his love?
- b. Do I always try to do what Jesus calls me to do?
- c. Do I love everyone as Jesus asks me to love?
- d. Am I always willing to forgive others and make peace?
- e. Do I willingly share what I have with others?

II. Greeting/Scripture Reading

I go to the priest. As I sit or kneel next to him, he welcomes me in the name of Jesus. I then say, "Bless me Father, for I have sinned." I tell him how long it has been since my last confession. The priest may read from the Bible to tell me about God's mercy.

III. Confession

I tell the priest how I have sinned. The priest talks to me for a few minutes. He helps me find ways to love God more. He helps me to find ways to love people as Jesus wants me to love them.

IV. Penance

The priest may tell me to do something or to say special prayers. My penance helps me make up for the past. It also helps me live a better life.

V. Act of Contrition

The priest then invites me to tell God I am sorry that I have sinned by saying this special prayer (see #7 above).

VI. Absolution

The priest makes the sign of the cross over me and tells me, through prayer, that God has forgiven me.

VII. Dismissal

After we give praise and thanks to God, the priest may say to me: "Go in peace and proclaim to the world the wonderful works of God, who has brought you salvation."

9. Prayer after Meals

We give you thanks for all your gifts,
almighty God,
living and reigning now
and forever. Amen.

10. Prayer of Self-Dedication to Jesus

Lord Jesus Christ, take all my freedom,
my memory, my understanding, and my will.

All that I have and cherish you have
given me. I surrender it all to be guided
by your will.

Your grace and your love
are wealth enough for me.
Give me these, Lord Jesus,
and I ask for nothing more.
Amen.

11. Mysteries of the Rosary

The Five Joyful Mysteries

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

The Five Sorrowful Mysteries

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

The Five Luminous Mysteries

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Holy Eucharist

The Five Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary in Heaven

12. Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope!

To thee do we cry,
poor banished children of Eve.

To thee do we send up our sighs,
mourning and weeping
in this valley of tears.

Turn, then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile, show to us
the blessed fruit of thy womb, Jesus.

O Clement, O loving,
O sweet Virgin Mary!

13. Regina Coeli ("Queen of Heaven")

Queen of heaven, rejoice, Alleluia.

For He Whom you merited to bear, Alleluia.

Has risen as He said, Alleluia.

Pray for us to God, Alleluia.

Rejoice be glad, O Virgin Mary, Alleluia.

Because the Lord is truly risen, Alleluia.

14. The Angelus

V.: The Angel of the Lord declared unto Mary.

R.: And she conceived of the Holy Spirit.

Hail Mary, full of grace...

V.: "Behold the handmaid of the Lord.

R.: Be it done unto me according to your
Word."

Hail Mary, full of grace...

V.: The Word was made flesh.

R.: And dwelt among us.

Hail Mary, full of grace...

V.: Pray for us, O Holy Mother of God.

R.: That we may be made worthy of the
promises of Christ.

Let us pray.

Pour forth, we beseech You, O Lord,
Your grace into our hearts that we to whom the
Incarnation of Christ, 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. Through the same Christ our Lord.
Amen.

15. Queen of Heaven Rejoice
(see Regina Coeli, #13)

16. Responses at Mass/Liturgy

Introductory Rites

Greeting

Priest: In the name of the Father, and of the Son,
and of the Holy Spirit.

People: **Amen.**

Priest: The Lord be with you.

People: **And with your spirit.**

Penitential Act, Form A

(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.

Penitential Act, Form B

Priest: Have mercy on us, O Lord.

People: **For we have sinned against you.**

Priest: Show us, O Lord, your mercy.

People: **And grant us your salvation.**

Penitential Act, Form C

Priest: You were sent to heal the contrite of

heart: Lord, have mercy.

People: **Lord, have mercy.**

Priest: You came to call sinners: Christ, have
mercy.

People: **Christ, have mercy.**

Priest: You are seated at the right hand of the
Father to intercede for us: Lord, have mercy.

People: **Lord, have mercy.**

Priest: May almighty God have mercy on us,
forgive us our sins, and bring us to everlasting
life.

People: **Amen.**

Gloria (see #24)

Liturgy of the Word

God's presence is real and active and exists not
only in the Eucharist but also in His Word. After
we share in gathering we listen to scripture and
respond to its message.

Readings I and II

Lector (concludes): The Word of the Lord.

People: **Thanks be to God.**

Gospel

Deacon/Priest: The Lord be with you.

People: **And with your spirit.**

Deacon/Priest: A reading from the Holy Gospel
according to N.

People: **Glory to you, O Lord.**

Conclusion of the Gospel

Deacon/Priest: The Gospel of the Lord.

People: **Praise to you, Lord Jesus Christ.**

Profession of Faith (see #17)

General Intercessions

Response to each petition:

People: **Lord, hear our prayer.**

Liturgy of the Eucharist

Now we are ready to join with the priest as our
gifts are offered, blessed by the holy Spirit, and
consecrated into the body and blood of Jesus. At
no other moment of the Liturgy are we truly one
body as when we receive the Eucharist, our food
for the journey.

Presentation of the Gifts

Priest: Blessed are you, Lord God of all
creation, for through your goodness we have
received the bread we offer you: fruit of the
earth and work of human hands, it will become
for us the bread of life.

People: **Blessed be God forever.**

Priest: Blessed are you, Lord God of all
creation, for through your goodness we have
received the wine we offer you: fruit of the vine
and work of human hands, it will become our
spiritual drink.

People: **Blessed be God forever.**

Priest: Pray, brethren, that my sacrifice and
yours may be acceptable to God, the almighty
Father.

People: **May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

Preface Dialogue

Priest: The Lord be with you.

People: **And with your spirit.**

Priest: Lift up your hearts.

People: **We lift them up to the Lord.**

Priest: Let us give thanks to the Lord our God.

People: **It is right and just.**

Sanctus (see #21)

Mystery of Faith

Priest: The mystery of faith

Response A

All: **We proclaim your death, O Lord, and profess your Resurrection until you come again.**

Response B

All: **When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

Response C

All: **Save us, Savior of the world, for by your Cross and Resurrection you have set us free.**

Final Doxology

Priest: Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.

People: **Amen.**

Lord's Prayer

Priest: At the Savior's command and formed by divine teaching, we dare to say:

All: **Our Father** (see #2)

Priest: Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

People: **For the kingdom, the power, and the glory are yours, now and forever.**

Sign of Peace

Priest: Lord Jesus Christ, who said to your Apostles, Peace I leave you, my peace I give you, look not on our sins, but on the faith of your

Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.

People: **Amen.**

Priest: The peace of the Lord be with you always.

People: **And with your spirit.**

Deacon/Priest: Let us offer each other the sign of peace.

Breaking of the Bread

Lamb of God you take away the sins of the world: have mercy on us. (repeat)

Lamb of God you take away the sins of the world: grant us peace.

Communion

Priest: 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.

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

Priest/Extraordinary Minister: The body of Christ.

Communicant: **Amen.**

Priest/Extraordinary Minister: The blood of Christ.

Communicant: **Amen.**

After Communion

Priest: Let us pray.

All: **Amen.**

Concluding Rite

Greeting

Priest: The Lord be with you.

People: **And with your spirit.**

Blessing

People respond: **Amen.**

Dismissal

Deacon/Priest: Go forth, the Mass is ended.

or

Deacon/Priest: Go and announce the Gospel of the Lord.

or

Deacon/Priest: Go in peace, glorifying the Lord by your life.

or

Deacon/Priest: Go in peace.

People: **Thanks be to God.**

17. 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.

18. The Apostles' 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;

on 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 there he will 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.

19. 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 will renew the face of the earth.

Let us pray.

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.
We ask this in Christ our Lord. Amen.

20. 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.

21. Sanctus ("Holy, Holy, Holy")

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes

in the name of the Lord.

Hosanna in the highest.

22. Stations of the Cross

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets His mother.
5. Simon helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets 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 laid in the tomb.

23. Prayer to Christ Crucified

My good and dear Jesus,
I kneel before you,
asking you most earnestly
to engrave upon my heart
a deep and lively faith, hope and charity

with a true repentance for my sins
and a firm resolve to make amends
As I reflect upon your five wounds,
and dwell upon them
with deep compassion and grief,
I recall, good Jesus,
the words the prophet David
spoke long ago concerning you:
“They have pierced my hands and feet,
they have counted all my bones.”

24. Glory to God

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God,
Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the
Father, have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father. Amen.

25. 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.
I believe these and all the truths which the
Holy Catholic Church teaches
because you have revealed them.
In this faith I desire to live and die.
Amen.

26. Act of Hope

O my God, trusting in your promises and the
infinite merits of Jesus Christ, our redeemer, I
hope for the pardon of my sins and the graces I
need to serve you faithfully on earth, and to
obtain eternal life in heaven. Amen.

27. Act of Love

O my God, I love you above all things
with my whole heart and soul,
because you are infinitely good and
deserving of all my love.
I love my neighbor as myself for love of you.
Amen.

28. Prayer of St. Francis

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.
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.

29. Morning Prayer

My God, I offer you today,
all I think and do and say,
uniting it with what was done
on earth by Jesus Christ your son.

30. Evening Prayer

Dear God, before I sleep
I want to thank you for this day
so full of your kindness and your joy.
I close my eyes to rest safe in your loving care.

31. Liturgy of the Hours

This is the Church's cycle of daily prayer. The
mystery of Christ which we celebrate in the
Eucharist, especially at the Sunday assembly,
permeates and transfigures the time of each day,
through the celebration of the Liturgy of the
Hours, “The Divine Office.”

- a. 1st Hour: Office of Readings consists of
two readings: one Biblical
and one Patristic
(*of the Church Fathers.*)
 - b. 2nd Hour: Morning Prayer
 - c. 3rd Hour: Daytime Prayer
 - d. 4th Hour: Evening Prayer (Vespers)
 3. 5th Hour Night Prayer
- (Sources: CCC #1174. *Catholic Source Book* p. 278.)

32. Soul of Christ (“Prayer to Our Redeemer”)

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds, shelter me.

From turning away, keep me.
From the evil one, protect me.
At the hour of my death call me.
Into your presence lead me,
to praise You with all your saints
for ever and ever. Amen.

33. Magnificat

My soul proclaims the greatness of the Lord, my spirit finds joy in God my savior.
For the Lord has looked upon this servant in her lowliness; all ages shall call me blessed. God who is mighty has done great things for me, holy is the Lord’s name.
God’s mercy is from age to age. The Lord has shown might and confused the proud in their inmost thoughts. God has put down the mighty from their thrones, and raised the lowly to high places. To the hungry God has given every good thing, while the rich have been sent away empty.
God has come to the aid of Israel. The Lord is merciful and has kept his promise to Abraham and his descendants forever.

34. Prayer of St. Thomas Aquinas

Lord, Father, all-powerful and ever-living God, I thank you. For even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the precious body and blood of your Son, our Lord Jesus Christ.

I pray that this holy communion may bring me not condemnation and punishment, but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God and lead me safely through death to everlasting happiness with you. And I pray that you will lead me, a sinner, to the

banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord. Amen.

35. Prayer of St. Bonaventure

Pierce, O most sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of your love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for you, that it may yearn for you and faint for your courts, and long to be dissolved and to be with you. Grant that my soul may hunger after you, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon you, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of your savor; may it ever thirst after you the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God; may it ever compass you, seek you, find you, run to you, attain you, meditate upon you, speak of you, and do all things to the praise and glory of your name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end; may you alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom my mind and my heart are fixed and firm and rooted immovably henceforth and for ever. Amen.

36. Canticle of the Three Children

(Daniel 3:57-88, 56)

Antiphon: **Let us sing the hymn of the three children, which these holy ones sang of old in the fiery furnace, giving praise to the Lord.**

1. Bless the Lord, all you works of the Lord; praise and exalt him above all forever.
2. Heavens, bless the Lord; angels of the Lord bless the Lord.
3. All you waters that are above the heavens, bless the Lord, let all the powers bless the Lord.

4. Sun and moon, bless the Lord; stars of heaven, bless the Lord.
5. Every shower and dew, bless the Lord; all you winds, bless the Lord.
6. Fire and heat, bless the Lord; cold and chill, bless the Lord.
7. Dews and hoar frosts, bless the Lord; frosts and cold, bless the Lord.
8. Ice and snow, bless the Lord; nights and days, bless the Lord.
9. Light and darkness, bless the Lord; frost and cold, bless the Lord.
10. Let the earth bless the Lord; let it praise and exalt him above all for ever.
11. Mountains and hills, bless the Lord; everything growing from the earth, bless the Lord.
12. Seas and rivers, bless the Lord; fountains, bless the Lord.
13. Whales and all that move in the waters, bless the Lord; all you fowls of the air, bless the Lord.
14. All you beasts and cattle, bless the Lord; sons of men, bless the Lord.
15. Israel, bless the Lord; praise and exalt him above all for ever.
16. Priests of the Lord, bless the Lord: servants of the Lord, bless the Lord.
17. Spirits and souls of the just, bless the lord; holy men of humble heart, bless the Lord.
18. Hananiah, Azariah and Mishael, bless the Lord; praise and exalt Him above all for ever.
19. Let us bless the Father and the Son, with the Holy Spirit; let us praise and exalt Him above all forever.
20. Blessed are you, Lord, in the firmament of heaven; and worthy of praise, and glorious above all for ever.