

# FAMILY PRAYERS

## 1. THE SIGN OF THE CROSS

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



In the name  
of the Father

and of  
the Son

and of the  
Holy

Spirit  
Amen.

## 2. THE MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys, and sufferings of this day for the intentions of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for all the intentions of this month. (*Mention intention if known.*)

## 3. 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.

## 4. THE 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.

## 5. THE 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.

## 6. 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 Pilot, was crucified, died, and was buried: He descended into hell, the third day He rose again from the dead, He ascended into heaven; sitteth at the right hand of God the Father Almighty, from thence He shall 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.

## 7. THE PRAYER TO THE GUARDIAN ANGEL

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.

## 8. THE ACT OF FAITH

O my God, I believe all truths which the Holy Catholic Church teaches, because You have made them known.

## 9. THE ACT OF HOPE

O my God, because You are all-powerful, merciful, and faithful to Your promises, I hope to be happy with You in Heaven.

## 10. THE ACT OF LOVE

O my God, because You are all-good, I love You with my whole heart and soul.

## 11. THE ACT OF CONTRITION

O My God, I am heartily sorry for having offended Thee, 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 Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

## 12. PRAYER TO THE HOLY SPIRIT

V. Come, Holy Spirit, fill the hearts of Thy faithful!  
R. And enkindle in them the fire of Thy love!  
V. Send forth Thy Spirit and they shall be created!  
R. And Thou shalt renew the face of the earth!

*Let Us Pray* O God, who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation, through Christ our Lord. Amen.

## 13. THE PRAYER TO SAINT MICHAEL

Saint Michael, the Archangel, defend us in battle; be our protection against the malice and the snares of the devil. May God rebuke him we humbly pray; and do thou O Prince of the Heavenly Host by the Power of God thrust into hell Satan, and all evil spirits who roam through the world seeking the ruin of souls. Amen.

## 14. THE 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.

## 15. THE PRAYER AFTER MEALS

We give Thee thanks for all Thy benefits, O Almighty God, Who livest and reignest forever. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

## 16. THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother! To thee I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but, in thy mercy, hear and answer me. Amen.

## 17. THE 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 towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

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## 18. THE ANGELUS

V. The angel of the Lord declared unto Mary.  
R. And she conceived by the Holy Spirit. *Hail Mary...*  
V. Behold the handmaid of the Lord  
R. Be it done unto me according to Thy word. *Hail Mary...*  
V. And the Word was made Flesh.  
R. And dwelt among us. *Hail Mary...*  
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 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 through the same Christ Our Lord. Amen.

## 19. THE REGINA CAELI

*(Prayed instead of the Angelus from Easter Sunday to Pentecost Sunday inclusive.)*

V. Queen of Heaven, rejoice! Alleluia.  
R. For He whom thou wast made worthy to bear. Alleluia.  
V. Hath risen as He said. Alleluia.  
R. Pray for us to God. Alleluia.  
V. Rejoice and be glad, O Virgin Mary! Alleluia.  
R. For the Lord hath risen indeed. Alleluia.

*Let Us Pray* O God, who, through the resurrection of Thy Son, Our Lord Jesus Christ, hast vouchsafed to make glad the world with joy, grant us we beseech Thee, that, through the intercession of the Virgin Mary, His Mother, we may attain unto the joys of eternal life. Through the same Christ our Lord. Amen.

## 20. THE MYSTERIES OF THE ROSARY

**The Five Joyful Mysteries** *Mondays & Saturdays*

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

**The Five Luminous Mysteries** *Thursdays*

1. The Baptism of Our Lord in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Holy Eucharist

**The Five Sorrowful Mysteries** *Tuesdays & Fridays*

1. The Agony of Our Lord 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 of Our Lord

**The Five Glorious Mysteries** *Wednesdays & Sundays*

1. The Resurrection of Our Lord
2. The Ascension of Our Lord into Heaven
3. The Decent of the Holy Spirit upon the Apostles
4. The Assumption of Our Blessed Mother into Heaven
5. The Coronation of Our Blessed Mother as Queen of Heaven and Earth

## 21. ASPIRATIONS

1. O Sacrament most holy, O Sacrament divine! All Praise and all thanksgiving be every moment thine!
2. Heart of Jesus, I put my trust in Thee!
3. Jesus, meek and humble of heart, make our hearts like unto Thine!
4. Sacred Heart of Jesus, Thy kingdom come!
5. Sweet Heart of Mary, be my salvation!
6. Mary, conceived without sin, pray for us who have recourse to thee.
7. Most Sacred Heart of Jesus, have mercy on us.

## 22. THE TEN COMMANDMENTS OF GOD

1. I am the Lord Thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord Thy God in vain.
3. Remember thou keep holy the Lord's day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

## 23. THE SIX CHIEF COMMANDMENTS OF THE CHURCH

1. To assist at Mass on all Sundays and holydays of obligation
2. To fast and abstain on the days appointed
3. To confess our sins at least once a year
4. To receive Holy Communion during the Easter time
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

## 24. HOLY DAYS OF OBLIGATION IN THE ARCHDIOCESE OF SAN FRANCISCO

August 15	Assumption of the Blessed Virgin Mary
November 1	All Saints
December 8	Immaculate Conception
December 25	Nativity of Our Lord Jesus Christ

*Whenever August 15, the Solemnity of the Assumption, or November 1, the Solemnity of All Saints, falls on a Saturday or on a Monday, the precept to attend Mass is abrogated.*

## 25. THE SEVEN SACRAMENTS

- Baptism
- Confirmation
- Holy Eucharist
- Penance
- Anointing of the Sick (Extreme Unction)
- Holy Orders
- Matrimony

## 26. THE MANNER IN WHICH A LAY PERSON IS TO BAPTIZE IN CASE OF NECESSITY

Pour ordinary water on the forehead of the person to be baptized, and say while pouring it: "I baptize you in the Name of the Father, and of the Son, and of the Holy Spirit."

NOTE: Any person of either sex who has reached the use of reason can baptize in case of necessity, but the same person must say the words while pouring the water.