

Basic Prayers

The Sign of the Cross

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

The Our Father is the oldest of Christian prayers, going back to Jesus Christ himself, who, in Matthew 6:9-13, taught his disciples to pray in these words. Because the prayer came from Christ, it is used in every Mass, and we should pray it daily.

The 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."

The first half of the Hail Mary is straight out of the Bible. The part before the semicolon is the angel Gabriel's greeting to the Virgin Mary at the [Annunciation](#), when he told her that she had been chosen by God to bear His Son, Jesus Christ (Luke 1:28). And the words after the semicolon were uttered by Saint Elizabeth, the cousin of the Blessed Virgin, at the [Visitation](#), when Saint Mary came to visit her and Saint Elizabeth felt Saint John the Baptist leap in her womb (Luke 1:42).

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.

The Glory Be, also known as the Doxology, is one of the earliest-known prayers to refer to the Holy Trinity. In Eastern Rite Catholic churches (as well as Eastern Orthodox ones), the Sign of the Cross is made while the Glory Be is recited.

The 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."

"The Apostles' Creed is so called because it is rightly considered to be a faithful summary of the apostles' faith. It is the ancient baptismal symbol of the Church of Rome. Its great authority arises from this fact: it is 'the Creed of the Roman Church, the See of Peter, the first of the apostles, to which he brought the common faith.'
- *from the Catechism of the Catholic Church; 194.*

"This Creed is the spiritual seal, our heart's meditation and an ever-present guardian; it is, unquestionably, the treasure of our soul."
- *Saint Ambrose.*

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; the third day He rose again from the dead;
He ascended into Heaven, and 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.

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.*