

Prayers in Catholicism

Sign of the Cross:

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

Said at the beginning and end of prayers, as reminder of who God is and what he has done for us.

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."

Believed to be the prayer Jesus gave to his disciples as the model prayer to pray.

Hail Mary:

"Hail Mary, full of grace, the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen."

Asking the mother of Jesus to join our prayers and remind us of the Catholic Devotion to Mary.

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."

A prayer of praising God and reminding Catholics of his glory.

Eternal Rest:

"Eternal rest grant unto them O Lord,
And let perpetual light shine on them
May they rest in peace. Amen."

Said by Catholics to remember those who have died and asking God to let them into heaven.
Especially, said by Catholics in November.

Other Catholic Prayers:

Grace before Meals:

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

Prayer of St Francis of Assisi:

Where there is hatred let me sow love,
Where there is injury let me sow pardon,
Where there is doubt let me sow faith,
Where there is despair let me give hope,
Where there is darkness let me give light,
And where there is sadness let me give joy.

O Divine Master, grant that I may try
Not to be comforted but to comfort,
Not to be understood but to understand,
Not to be loved but to love.
Because it is in giving that we receive,
It is in forgiving that we are forgiven,
And it is in dying that we are born to eternal life.

Prayer of St Ignatius:

Teach us good Lord to serve you as you deserve:
To give and not count the cost,
To fight and not heed the wounds,
To toil and not seek for rest,
To labour and to ask for no reward ,
save that of knowing that we do your will,
Through Jesus Christ our Lord,
Amen.