



# Grow in Prayer Booklet

## Table of Contents

Sign of the Cross	3
Glory Be	4
Our Father	5
Hail Mary	6
Hail Holy Queen	7
Magnificat	8
Nicene Creed	9
Apostles Creed	11
Act of Contrition	13
Act of Faith	14
Act of Hope	15
Act of Love	16
Guardian Angel Prayer	17
Prayer to the Holy Spirit	18
Prayer to St. Joseph	19
Prayer to St. Michael the Archangel	20
Rosary	21
Stations of the Cross	26

## Sign of the Cross

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

## 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.

## 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.

## 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.

## Hail Holy Queen

Hail, holy Queen, Mother of mercy,  
hail, our life, our sweetness, and our hope.  
To you we cry, the children of Eve;  
    to you we send up our sighs,  
mourning and weeping in this land of exile.  
Turn, then, most gracious advocate,  
    your eyes of mercy toward us;  
    lead us home at last  
and show us the blessed fruit of your womb, Jesus:  
O clement, O loving, O sweet Virgin Mary.

## Magnificat

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior;  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.  
He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.  
He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.

## 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 glo-  
rified, 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.

## 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.

## 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.

## 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, who can neither deceive nor be deceived.

Amen.

## Act of Hope

O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Amen.

## Act of Love

O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.

Amen.

## Guardian Angel Prayer

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.

## Prayer to the 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.  
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 through Christ our Lord.  
Amen.

## Prayer of St. Joseph

Dear St. Joseph, help me to remember that my actions reveal more about me than my words. That obedience to God's plan is the way to true happiness.

That the work of my hands is a gift from you. Help me to remember that dreams open the door to unseen possibilities, and that, with you, the impossible will be turned into the possible.

Help me to have the confidence and trust; the faith and obedience that shaped your life, so that I too, may fulfill the divine plan for my life. Amen.

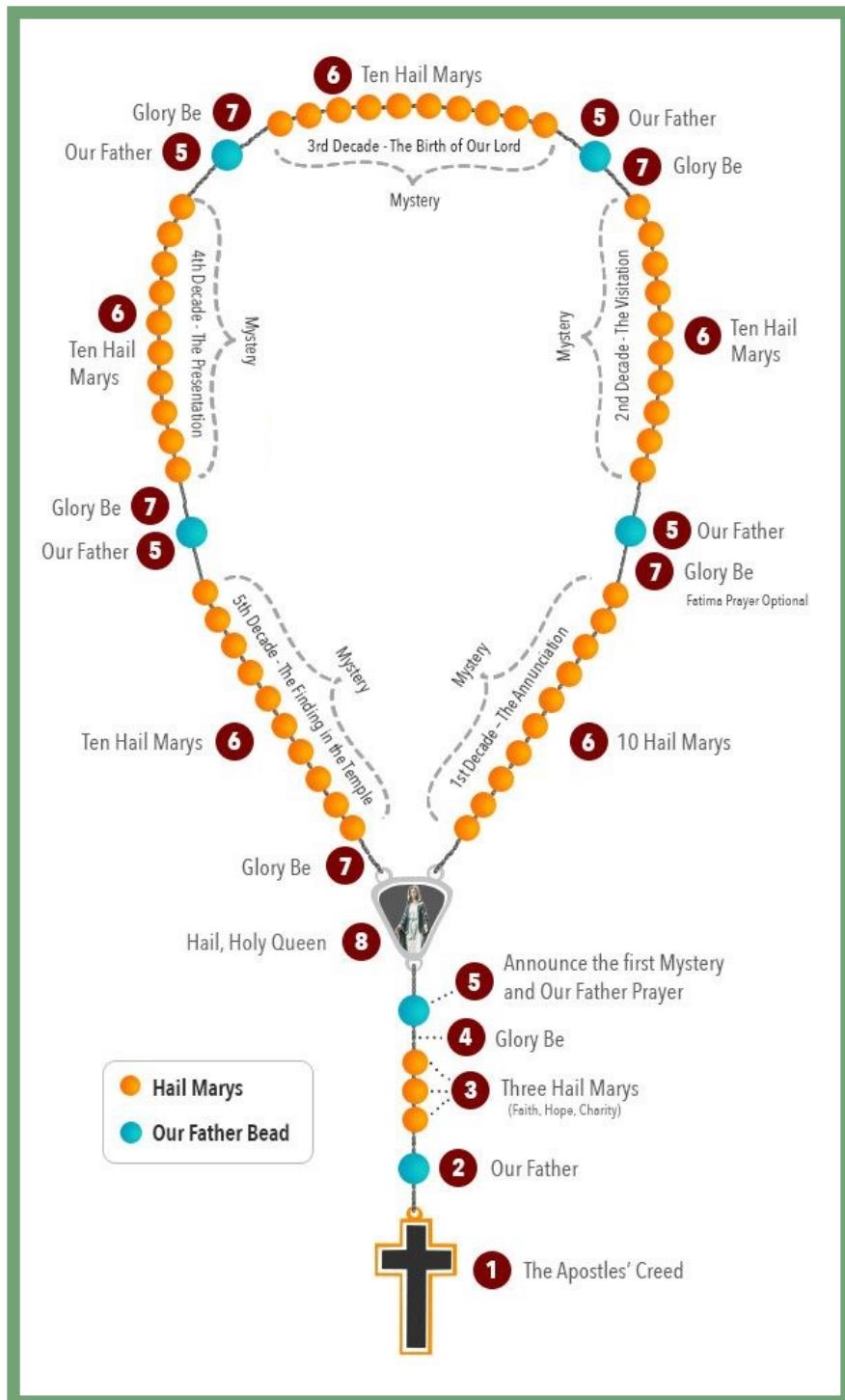
St. Joseph, pray with us and for us.

## Prayer to St. Michael

St. Michael the Archangel, defend us in battle;  
be our defense against the wickedness and snares  
of the devil.

May God rebuke him, we humbly pray;  
and do you, O prince of the heavenly host,  
by the power of God,  
thrust into hell Satan and the other evil spirits  
who prowl about the world for the ruin of souls.

Amen.



## The Mysteries of the Rosary

### The Joyful Mysteries

1. *The Annunciation*: Mary learns that she has been chosen to be the mother of Jesus.
  2. *The Visitation*: Mary visits Elizabeth, who tells her that she will always be remembered.
  3. *The Nativity*: Jesus is born in a stable in Bethlehem.
  4. *The Presentation*: Mary and Joseph take the infant Jesus to the Temple to present him to God.
  5. *The Finding of Jesus in the Temple*: Jesus is found in the Temple discussing his faith with the teachers.
- ◆ **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.
  - ◆ **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.
  - ◆ **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.
  - ◆ **Hail Holy Queen**: Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

## The Mysteries of the Rosary

### The Mysteries of Light

1. *The Baptism of Jesus in the River Jordan*: God proclaims that Jesus is his beloved Son.
  2. *The Wedding Feast at Cana*: At Mary's request, Jesus performs his first miracle.
  3. *The Proclamation of the Kingdom of God*: Jesus calls all to conversion and service to the Kingdom.
  4. *The Transfiguration of Jesus*: Jesus is revealed in glory to Peter, James, and John.
  5. *The Institution of the Eucharist*: Jesus offers his Body and Blood at the Last Supper.
- ◆ **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.
  - ◆ **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.
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## The Mysteries of the Rosary

### The Sorrowful Mysteries

1. *The Agony in the Garden*: Jesus prays in the Garden of Gethsemane on the night before he dies.
  2. *The Scourging at the Pillar*: Jesus is lashed with whips.
  3. *The Crowning With Thorns*: Jesus is mocked and crowned with thorns.
  4. *The Carrying of the Cross*: Jesus carries the cross that will be used to crucify him.
  5. *The Crucifixion*: Jesus is nailed to the cross and dies.
- ◆ **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.
  - ◆ **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.
  - ◆ **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.
  - ◆ **Hail Holy Queen**: Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

## The Mysteries of the Rosary

### The Glorious Mysteries

1. *The Resurrection*: God the Father raises Jesus from the dead.
  2. *The Ascension*: Jesus returns to his Father in heaven.
  3. *The Coming of the Holy Spirit*: The Holy Spirit comes to bring new life to the disciples.
  4. *The Assumption of Mary*: At the end of her life on earth, Mary is taken body and soul into heaven.
  5. *The Coronation of Mary*: Mary is crowned as Queen of Heaven and Earth.
- ◆ **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.
  - ◆ **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.
  - ◆ **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.
  - ◆ **Hail Holy Queen**: Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

## The Stations of the Cross

### ***Prepare for the first station.***

Before you begin, choose which set of stations you plan to pray with, the original or Scriptural. Then, as you prepare yourself for prayer, ask yourself how to make this time in meditation peaceful. For example, you might want to close your eyes or take a few deep breaths before you begin.

Next, make the Sign of the Cross and walk to, look at, or lead your thoughts to the scene of the first station.

### ***Name the station.***

Kneel or genuflect before the station. Then, take a moment to quiet your heart and mind to be present with Christ at this moment.

### ***Pray.***

*We adore you oh Christ and we praise you, for by your holy cross you have redeemed the world.*

### ***Meditate.***

Spend some time contemplating this station. You may kneel, look at an image of the station, close your eyes and imagine being in the moment with Christ. When you're ready, you might read the verse associated as you begin to pray.

### ***Pray.***

Close your time before each station with a prayer, such as the Lord's Prayer. Focus on speaking honestly with God.

## The 14 Stations of the Cross

### **The first station**

Original: Jesus is condemned to death.

Scriptural: Jesus in the Garden of Gethsemane  
(Matt. 26: 36-41)

### **The second station**

Original: Jesus is given His cross.

Scriptural: Jesus is betrayed by Judas and arrested  
(Mk. 14: 43-46).

### **The third station**

Original: Jesus falls down for the first time.

Scriptural: Jesus is condemned by the Sanhedrin (Lk. 22: 66-71).

### **The fourth station**

Original: Jesus meets His mother Mary.

Scriptural: Jesus is denied by Peter (Matt. 26: 69-75)

### **The fifth station**

Original: Simon of Cyrene helps carry the cross.

Scriptural: Jesus is judged by Pontius Pilate (Mk. 15: 1-5, 15).

### The sixth station

Original: Veronica wipes Jesus' face.

Scriptural: Jesus is scourged at the pillar and crowned with thorns. (Jn. 19: 1-3)

### The seventh station

Original: Jesus falls down for the second time.

Scriptural: Jesus bears the cross (Jn. 19: 6, 15-7)

### The eighth station

Original: Jesus meets the women of Jerusalem.

Scriptural: Jesus is helped by Simon the Cyrenian to carry the cross (Mk. 15: 21).

### The ninth station

Original: Jesus falls down for the third time.

Scriptural: Jesus meets the women of Jerusalem (Lk. 23: 27-31).

### The tenth station

Original: Jesus is stripped of His clothing.

Scriptural: Jesus is crucified (Lk. 23: 33-34).

### The eleventh station

Original: Jesus is nailed to the cross.

Scriptural: Jesus promises his Kingdom to the repentant thief (Lk. 23: 39-43).

### **The twelfth station**

Original: Jesus dies on the cross. (Optional but appropriate to remain kneeling for this station)

Scriptural: Jesus speaks to his mother and the Beloved Disciple (Jn. 19: 25-27).

### **The thirteenth station**

Original: Jesus' body is removed from the cross.

Scriptural: Jesus dies on the cross (Lk. 23: 44-46). (Optional but appropriate to remain kneeling for this station)

### **The fourteenth station**

Original: Jesus' body is placed in the tomb.

Scriptural: Jesus is placed in the tomb (Matt. 27: 57-60).