**Basic Catholic Prayers**

# 1. Sign of the Cross

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

2. **Our Father (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.

# 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 (The Doxology)

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. **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.

# 6. Grace Before Meals

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

7. **Act of Contrition (Simple Version)** Lord Jesus, I am sorry for my sins. Help me to do better. Amen.

# 8. Act of Contrition (Standard Version)

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.

# 9. Eternal Rest Prayer

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

1. **Prayer to Saint Michael** Saint Michael the Archangel, defend us in battle.

Be our protection against the wickedness and 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, cast into hell Satan and all the evil spirits who roam throughout the world seeking the ruin of souls. Amen.

1. **Now I Lay Me Down to Sleep**

Now I lay me down to sleep,

I pray the Lord my soul to keep;

If I should die before I wake,

I pray the Lord my soul to take. Amen.