

# *Prayer Sheet 2025-26*

## **Sign of the Cross**

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

*Adult Leader Initial*

## **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*

*Adult Leader Initial*

## **Oh My Jesus (Fatima Prayer)**

O my Jesus,  
forgive us our sins,  
save us from the fires of hell,  
lead all souls to heaven,  
especially those in most need of your  
mercy. *Amen*

*Adult Leader Initial*

## **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*

*Adult Leader Initial*

## **The Jesus Prayer**

Jesus Christ, Son of the living God,  
have mercy on me, a sinner. *Amen*

*Adult Leader Initial*

## **Chaplet Decade Prayer**

For the sake of His sorrowful Passion,  
have mercy on us and on the whole  
world. *Amen*

*Adult Leader Initial*

## **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*

*Adult Leader Initial*

## **Act of Contrition**

O my God,  
I am heartily sorry for having offended  
you, and I detest all my sins because of  
your just punishments, 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 sin no more  
and to avoid the near occasions of sin.  
*Amen.*

*Adult Leader Initial*

### **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*

*Adult Leader Initial*

### **Prayer After Meals**

We give You thanks for all Your benefits,  
O Almighty God, who lives and reigns  
world without end. *Amen*. May the souls  
of the faithful departed, through the  
mercy of God, rest in peace. *Amen*

*Adult Leader Initial*

### **Spiritual Works of Mercy**

Counsel the doubtful  
Instruct the ignorant (gently)  
Admonish the sinner (with love)  
Comfort the sorrowful  
Forgive others  
Bear wrongs patiently  
Pray for the living and the dead

*Adult Leader Initial*

### **Corporal Works of Mercy**

Feed the hungry  
Give drink to the thirsty  
Shelter the homeless  
Give to the poor  
Visit the sick  
Visit the prisoners  
Bury the dead

*Adult Leader Initial*

### **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 glorified,  
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*

*Adult Leader Initial*