

Some Essential Catholic Prayers and Practices



The most well-known and widely used English texts of common Catholic prayers are provided here.

Please note that the exact wording of prayers can vary according to when, where and how the prayers are used. Sometimes traditional words like “thee” and “thy” are replaced with more familiar words like “you” and “your.” There are also multiple versions of some prayers (like the Act of Contrition or the Morning Offering).

SIGN OF THE CROSS

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

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.

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.



GLORY BE / 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.

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 again 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. Amen.

ANGELUS

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, etc...

V. Behold the handmaid of the Lord.
R. Be it done unto me according to Thy Word.

Hail Mary, etc...

V. And the Word was made flesh,
R. And dwelt among us. Hail

Mary, etc...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy Grace into our hearts; that we to whom the incarnation of Christ Thy Son was made known by the message of an angel, may by His passion and cross be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen.

FATIMA PRAYER

Oh my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy. Amen.

PRAYER FOR AFTER COMMUNION

Dear Jesus, thank you for coming to me in Holy Communion. I love you with all my heart and give myself totally to You.
Lord, give me right faith, firm hope and great charity so that I may always do what is pleasing to You.
Jesus, never let me be separated from you by sin.
Amen

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.

CANTICLE OF ZECHARIAH (Benedictus)

Blessed be the Lord, The God of Israel;
He has come to His people and set them free.
He has raised up for us a mighty Saviour,
Born of the house of His servant David.
Through His holy prophets He promised of old
That He would save us from our enemies,
From the hands of all who hate us.
He promised to show mercy to our fathers
And to remember His holy Covenant.
This was the oath He swore to our father Abraham:
To set us free from the hands of our enemies,
Free to worship Him without fear,
Holy and righteous in His sight
All the days of our life.
You, My child shall be called
The prophet of the Most High,
For you will go before the Lord to prepare His way,
To give his people knowledge of salvation
By the forgiveness of their sins.
In the tender compassion of our Lord
The dawn from on high shall break upon us,
to shine on those who dwell in darkness
And the shadow of death,
And to guide our feet into the way of peace.
Glory to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning.
is now, and will be forever. Amen.

CANTICLE OF 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.

CANTICLE OF SIMEON

Lord, now you let your servant go in peace;
your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning,
is now, and will be forever. Amen.

PRAYER FOR THE HOLY SOULS

Eternal rest grant unto them (him/her), O Lord;
and let perpetual light shine upon them (him/her).
May the souls of the faithful departed,
through the mercy of God, rest in peace. 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 OF SAINT FRANCIS

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen.

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful; enkindle 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.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O virgin of virgins, my mother. To thee I come, before thee I stand, sinful and sorrowful. O mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

PRAYER TO SAINT MICHAEL THE ARCHANGEL

Saint 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 thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all evil Spirits, who prowl about the world seeking the ruin of souls. Amen.

HAIL, HOLY QUEEN (Salve Regina)

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God; that we may be made worthy of the promises of Christ.

(ROSARY CONCLUSION)

Let us pray. O God, Whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech Thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Amen through the same Christ our Lord. 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. The third day He arose again from the dead; He ascended into heaven, and is seated 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.

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.

JOYFUL MYSTERIES OF THE ROSARY

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

SORROWFUL MYSTERIES OF THE ROSARY

1. The Agony in the Garden
2. The Scouring at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

HOLY DAYS OF OBLIGATION – UNITED STATES

- Solemnity of Mary, Mother of God – January 1
- Solemnity of the Assumption of Mary – Aug. 15
- Solemnity of the Immaculate Conception – Dec. 8

GLORIOUS MYSTERIES OF THE ROSARY

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of Mary as Queen of Heaven

LUMINOUS MYSTERIES OF THE ROSARY

1. The Baptism of the Lord
2. The Wedding Feast of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Holy Eucharist

Solemnity of the Ascension – 40 days after Easter

Solemnity of All Saints – Nov. 1

Solemnity of the Nativity of the Lord – Dec. 25