

## Prayer Life

**Pope Francis** encourages all children to use the '5 Finger Prayer' to help them pray for their own special intentions and those of the world. He reminds us to:

1. Pray for loved ones.
2. Pray for teachers.
3. Pray for world leaders.
4. Pray for the sick.
5. Pray for yourself.



### The Sign of the Cross

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

### Our Father

Our Father, who art in heaven, hallowed be thy name, the 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 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!

### Morning Prayer (Veritas)

Father in heaven you love me, you are with me night and day. I want to love you always in all I do and say, I'll try to please you Father, bless me through this day, Amen!

### Night Prayer (Veritas)

God our Father, I come to say, thank you for your love today, thank you for my family and all the friends you give to me. Guard me in the dark of night, and in the morning send your light, Amen!

### Grace Before Meals (Veritas)

Bless us O Lord as we sit together. Bless the food we eat today. Bless the hands that made the food. Bless us O Lord. Amen!

### Grace After Meals (Veritas)

Thank you God, for the food we have eaten,  
Thank you God, for all my friends,  
Thank you God, for everything,  
Thank you God, Amen!

### Act of Sorrow

O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. I will try to live like Jesus and not sin again, Amen!

### Eternal Rest

Eternal rest grant unto (him, her, them) O Lord, and let perpetual light shine upon (him,her,them), may they rest in peace, Amen!

### Prayer to Guardian Angel

Angel of God, my guardian dear,  
To whom God's love commits me here.  
Ever this day (night) be at my side  
To light and guard, to rule and guide.  
Amen.

### Morning Prayer

O Jesus, through the most pure heart of Mary, I offer thee all my prayers, works, joys and sufferings of this day for all the intentions of Thy Divine Heart, and particularly for the intentions of our Holy Father the Pope. Amen!

### Grace Before Meals (Traditional)

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

### Grace After Meals (Traditional)

We give Thee thanks, Almighty God,  
For these Thy benefits which we have received, from Thy goodness, through Christ our Lord, Amen!

### Prayer for the Faithful Departed

May the souls of all the faithful departed, through the mercy of God, rest in peace, Amen.

### The Angelus

V. The angel of the Lord declared unto Mary.  
R. And she conceived by the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord.  
R. Let it be done unto me according to Thy word.

Hail Mary...

V. And the word was made flesh.  
R. And dwelt among us.

Hail Mary...

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.

#### Prayer to the Holy Spirit (Traditional)

Come, O Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, and they shall be created. And you shall renew the face of the earth.

#### **Let us Pray**

O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.

#### De Profundis

Out of the depths I have cried to Thee, O Lord; Lord hear my voice. Let Thine ears be attentive to the voice of my supplication. If Thou, O Lord, should mark iniquities, Lord, who shall endure it? For with Thee there is plentiful redemption, and by reason of Thy law, I have waited for Thee, O Lord.

My soul has relied on His word, my soul hath hoped in the Lord. From the morning watch even until night, let Israel hope in the Lord, for with the Lord there is mercy; and with Him plentiful redemption, and He shall redeem Israel from all its iniquities.

Eternal rest give unto them, O Lord! And let perpetual light shine upon them. May they rest in peace.  
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 do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer me. Amen.

### Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,  
Hail, 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 vale of tears.  
Turn then, most gracious advocate, thine eyes of mercy towards us,  
and after this our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
Oh clement, oh loving, oh sweet Virgin Mary.  
Amen.

### Magnificat

My soul glorifies the Lord, my spirit rejoices in God, my Saviour.  
He looks upon his servant in her lowliness; henceforth all ages will call me blessed.  
The Almighty works marvels for me. Holy is his name!  
His mercy is from age to age, on those who fear him.  
He puts forth his arm in strength and scatters the proud-hearted.  
He casts the mighty from their thrones and raises the lowly.  
He fills the starving with good things, sends the rich away empty.  
He protects Israel, his servant, remembering his mercy, the mercy promised to our fathers, to Abraham and his sons for ever.