

PRAYERS FOR EVERY FAMILY

“In prayer, the faithful God’s initiative of love always comes first; our own first step is always a response. As God gradually reveals himself and reveals man to himself, prayer appears as a reciprocal call.”

— Catechism of the Catholic Church, 2567

Fundamental Prayers

Sign of the Cross

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

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 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.

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

Fatima Prayer

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

Act of Faith

O my God, I firmly believe that thou art one God in three Divine Persons, Father, Son and Holy Spirit; I believe that thy Divine Son became man, 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 thou hast revealed them, who canst neither deceive nor be deceived. Amen.

Act of Hope

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

Act of Charity

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

Act of Contrition

O my God, I am heartily sorry for having offended thee and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offended thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Act of Spiritual Communion

My Jesus, I believe that thou art truly present in the Most Holy Sacrament. I love thee above all things and I desire to possess thee within my soul. Since I am unable now to receive thee sacramentally, come at least spiritually into my heart. I embrace thee as being already there, and unite myself wholly to thee; never permit me to be separated from thee. Amen.

Te Deum

O God, we praise thee: we acknowledge thee to be the Lord. Everlasting Father, all the earth worships thee.

All the Angels, the heavens and all angelic powers, all the cherubim and seraphim, continuously cry to thee: holy, holy, holy, Lord God of hosts! Heaven and earth are full of the majesty of thy glory.

The glorious choir of the Apostles, the wonderful company of prophets, the white-robed army of martyrs, praise thee.

The Holy Church throughout the world acknowledges thee: the Father of infinite majesty; thy adorable, true and only Son; and the Holy Spirit, the comforter.

O Christ, thou art the king of glory! Thou art the everlasting Son of the Father. When thou took it upon thyself to deliver man, thou didst not disdain the Virgin's womb.

Having overcome the sting of death, thou opened the kingdom of heaven to all believers.

Thou sit at the right hand of God in the glory of the Father. We believe that thou will come to be our judge.

We, therefore, beg thee to help thy servants whom thou hast redeemed with thy precious blood. Let them be numbered with thy saints in everlasting glory.

The Divine Praises

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most precious blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Prayers During the Day

Morning Offering

O my God, I offer thee all my prayers, works, joys and sufferings in union with the Sacred Heart of Jesus, for the intentions for which he pleads and offers himself in the Holy Sacrifice of the Mass, in thanksgiving for thy favors, in reparation for my sins, and in humble supplication for my temporal and eternal welfare, for the wants of our holy Mother the Church, for the conversion of sinners, and for the relief of the poor souls in purgatory. I wish to gain all the indulgences attached to the prayers I shall say and to the good works I shall perform this day. Amen.

The Benedictus (cf. Lk 1:68-79)

A prayer to be said every morning, except on Sundays and holy days when the Te Deum (page 56) is said instead

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 savior,
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 God
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.

The Magnificat (cf. Lk 1:46-55)

A prayer to be said every evening

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 for ever.

Prayer at Night

O my God, I thank you for having preserved me today and for having given me so many blessings and graces. I renew my dedication to you and ask your pardon for all my sins.

Make an examination of conscience quietly, then pray the following.

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep, rest in his peace.

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. (cf. Lk 2:29–32).

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.

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.

Thanksgiving After Meals

We give thee thanks, almighty God, for all thy gifts, who lives and reigns forever and ever. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Devotions to the Blessed Virgin Mary

Angelus

Catholics traditionally recite the following prayer at dawn, midday and sunset throughout the year, except during the Easter season.

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. (Hail Mary)

V. Behold the handmaid of the Lord.

R. Be it 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.

V. Let us pray.

R. 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.

Regina Caeli

During the Easter season, the Angelus is replaced with the Regina Caeli.

V. Queen of Heaven; rejoice, alleluia.

R. For he whom thou didst to merit to bear, alleluia.

V. Has risen as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. Because the Lord is truly risen, alleluia.

V. Let us pray.

R. O God, who through the resurrection of thy son, our Lord Jesus Christ, deigned to gladden the world: grant, we beseech thee, that through the Virgin Mary, his mother, we may attain the joys of eternal life. Through the same Christ our Lord. Amen.

The 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 mercy, hear and answer me. Amen.

Prayer to Our Lady of Guadalupe

God of power and mercy, you blessed the Americas at Tepeyac with the presence of the Virgin Mary of Guadalupe. May her prayers help all men and women to accept each other as brothers and sisters. Through your justice present in our hearts, may your peace reign in the world. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Holy Rosary

A Scripture-based prayer, the rosary provides an opportunity for Catholics to meditate on significant events that are essential to our Faith. The four sets of mysteries — Joyful, Sorrowful, Glorious and Luminous — guide our thoughts to consider particular events of Christ's life. Through praying the rosary, we bring our needs and prayers to Christ, asking that, through the intercession of his Blessed Mother, they may be granted and our families blessed with peace.

To begin the rosary:

1. While holding the crucifix, make the Sign of the Cross and recite the Apostles' Creed.
2. On the first large bead, recite the Our Father.
3. Recite the Hail Mary on the following three small beads, praying for an increase in the virtues of faith, hope and love.
4. Recite the Doxology.

For each decade:

1. Recite the name of the mystery, and recite the Our Father on the next large bead.
2. On each of the 10 small beads which follow, recite a Hail Mary.
3. Recite the Doxology and the Fatima Prayer (see pages 54-55) on the space before the next large bead.

Concluding prayers to the rosary:

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

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

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

V. Let us pray.

R. O God, whose only-begotten Son by his life, death and resurrection has purchased for us the rewards of eternal life: grant, we beseech you, that meditating on these mysteries in the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

The mysteries of the rosary, and corresponding Scripture references, are as follows:

THE JOYFUL MYSTERIES

Recited on Mondays and Saturdays

The Annunciation (Lk 1:26-38)

The Visitation (Lk 1:39-45)

The Nativity (Lk 2:6-12)

The Presentation (Lk 2:22-38)

The Finding in the Temple (Lk 2:41-52)

THE LUMINOUS MYSTERIES

Recited on Thursdays

The Baptism of the Lord (Mt 3:13-17)

The Wedding Feast at Cana (Jn 2:1-12)

The Proclamation of the Kingdom (Mk 1:14-15)

The Transfiguration (Mt 17:1-8)

The Institution of the Eucharist (Mk 14:22-26)

THE SORROWFUL MYSTERIES

Recited on Tuesdays and Fridays

The Agony in the Garden (Lk 22:39-46)

The Scourging at the Pillar (Mk 15:12-20)

The Crowning with Thorns (Jn 19:2-5)

The Carrying of the Cross (Lk 23:26-32)

The Crucifixion (Jn 19:18-30)

THE GLORIOUS MYSTERIES

Recited on Wednesdays and Sundays

The Resurrection (Mt 28:1-10)

The Ascension (Acts 1:6-12)

The Descent of the Holy Spirit (Acts 2:1-41)

The Assumption (Lk 1:46-52)

The Coronation of Mary (Rv 12:1-5)

Prayers for Special Intentions and Intercessions for the Family

Prayer to the Holy Family

Composed by Pope Francis

Family Jesus, Mary and Joseph,
in you we contemplate
the splendor of true love;
to you we turn with trust.

Holy Family of Nazareth,
grant that our families too
may be places of communion and prayer,
authentic schools of the Gospel
and small domestic churches.

Holy Family of Nazareth,
may families never again experience
violence, rejection and division;
may all who have been hurt or scandalized
find ready comfort and healing.

Holy Family of Nazareth,
make us once more mindful
of the sacredness and inviolability of the family,
and its beauty in God's plan.

Jesus, Mary and Joseph,
Graciously hear our prayer. Amen.

A Prayer for Every Family on Earth

Composed by St. John Paul II

Lord, from you every family in heaven and on earth takes its name. Father, you are Love and Life. Through Your Son, Jesus Christ, born of woman, and through the Holy Spirit, the fountain of divine charity, grant that every family on earth may become for each successive generation a true shrine of life and love.

Grant that your grace may guide the thoughts and actions of husbands and wives for the good of their families and of all the families of the world.

Grant that the young may find in the family solid support for their human dignity and for their growth in truth and love.

Grant that love, strengthened by the grace of the sacrament of Marriage, may prove mightier than all the weaknesses and trials through which our families sometimes pass.

Through the intercession of the Holy Family of Nazareth, grant that the Church may fruitfully carry out her worldwide mission in the family and through the family.

We ask this of you, who are Life, Truth, and Love with the Son and the Holy Spirit. Amen.

Prayer to Your Guardian Angel

Angel of God, my guardian dear, to whom his love commits me here, ever this day/night be at my side, to light and guard, to rule and guide. Amen.

Prayer to the Holy Angels

O leaders of the heavenly armies, although we are always unworthy, we beseech you that with your prayers you may encircle us with the protection of the wings of your angelic glory. Watch over us as we bow low and earnestly cry out to you: Deliver us from trouble, O princes of the heavenly armies. Amen.

Prayer to St. Joseph

O God, in your wonderful providence you were pleased to choose blessed Joseph to be the spouse of your most holy Mother. Grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom we venerate on earth as our protector. You who live and reign forever and ever. Amen.

Prayer to St. Michael, the Archangel

St. Michael, the Archangel, defend us in battle. Be our safeguard 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, thrust into hell Satan and all the evil spirits, who wander through the world seeking the ruin of souls. Amen.

Chaplet of Divine Mercy

To begin the chaplet:

1. While holding a rosary, make the Sign of the Cross.
2. On the first small bead, recite the Our Father.
3. On the second small bead recite the Hail Mary.
4. On the third small bead, recite the Apostles' Creed.

For each decade:

1. On the large beads, recite:
Eternal Father, I offer you the body and blood, soul and divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.
2. On each of the ten small beads, recite:
For the sake of your sorrowful passion, have mercy on us and on the whole world.

Concluding prayer:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (Recite three times)