



*Saint Paul  
Catholic School*

*Prayer Book*



**2012 - 2013**

# SAINT PAUL CATHOLIC SCHOOL

## PRAYER BOOK

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## **THE SIGN OF THE CROSS**

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

## **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 you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners,  
now, and at the hour of our death.

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.

## **GUARDIAN ANGEL PRAYER (Angel of God)**

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.

## **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.

## **GRACE AFTER MEALS**

We give Thee thanks, Almighty God, for all Thy benefits,  
and for the poor souls of the faithful departed,  
through the mercy of God, may they rest in peace.

Amen.

## **MORNING OFFERING**

O Jesus, together with you, I offer to God the Father,  
all my thoughts, words, actions, and sufferings of this day.

I offer them for the salvation of all and for the unity of all Christians,  
for the intentions of our bishops, and of all those who are praying to you.

Amen.

## **THE 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.

## THE ROSARY

A rosary is made up of groups of beads arranged in a circle. It begins with a cross followed by one large bead and three small ones. The next large bead (just before the medal) begins the first “decade.” Each decade consists of one large bead followed by ten smaller beads.

Holding the crucifix, begin the rosary with the **Sign of the Cross** and then pray the **Apostles’ Creed**

Say the **Our Father** on the first large bead

Say the **Hail Mary** three times, once on each small bead

Say the **Glory Be**

Say the first mystery aloud, then pray the **Our Father** on the second large bead

Say the Hail Mary 10 times, one on each small bead

Say the Glory Be

Say the **second mystery** aloud, then pray the **Our Father** on the next large bead, etc.

At the end of the rosary, say the **Hail Holy Queen** and:

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 while meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise through the same Christ, our Lord.  
Amen.

### THE FIVE JOYFUL MYSTERIES (Monday, Saturday and Sundays of Advent)

1. The Annunciation
2. The Visitation
3. The Nativity (The Birth of Jesus)
4. The Presentation (of Jesus) in the Temple
5. The Finding (of Jesus) in the Temple

### THE FIVE SORROWFUL MYSTERIES (Tuesday, Friday and Sundays of Lent)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death (of Jesus)

### THE FIVE GLORIOUS MYSTERIES (Wednesday and Sundays outside of Lent and Advent)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit (upon the Apostles)
4. The Assumption (of Mary into heaven)
5. The Coronation of Mary (as Queen of Heaven)

### THE FIVE LUMINOUS MYSTERIES (Thursday)

1. The Baptism of Christ in the Jordan
2. The (Miracle at the) Wedding Feast at Cana
3. Jesus’ Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist as a Sacrament

## **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 against 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.

## **ACT OF FAITH**

O my God, I firmly believe that you are one God  
in three divine Persons, Father, Son, and Holy Spirit.  
I believe that your divine Son became man and 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 you have revealed them, who can neither deceive nor be deceived.

Amen.

## **ACT OF HOPE**

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

Amen.

## **ACT OF LOVE**

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

Amen.

## **PRAYER TO THE HOLY SPIRIT**

Come, Holy Spirit, fill the hearts of your faithful.  
And kindle 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.

## **STATIONS OF THE CROSS**

1. Jesus is condemned to die.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus to carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.



## **THE 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.

## **HAIL HOLY QUEEN**

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.

Amen.

## PRAYER OF SAINT FRANCIS OF ASSISI

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,  
and it is in dying that we are born to eternal life.

Amen.

## THE ANGELUS

The Angel of the Lord declared to Mary:  
And she conceived of the Holy Spirit.

**Say the Hail Mary**

Behold the handmaid of the Lord:  
Be it done unto me according to Thy word.

**Say the Hail Mary**

And the Word was made Flesh:  
And dwelt among us.

**Say the Hail Mary**

Pray for us, O Holy Mother of God,  
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.

## **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 thine 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.

## **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 most holy and immaculate conception.  
Blessed be her glorious assumption.  
Blessed be the name of Mary, virgin and mother.  
Blessed be Saint Joseph, her most chaste spouse.  
Blessed be God in his angels and in his saints.

## **THE CANTICLE OF MARY, THE MAGNIFICAT (Luke 1:46-55)**

“My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior.  
For he has looked upon his handmaid’s lowliness;  
behold, from now on all ages will call me blessed.  
The Mighty One has done great things for me,  
and holy is his name.  
His mercy is from age to age to those who fear him.  
He has shown might with his arm,  
dispersed the arrogant of mind and heart.  
He has thrown down the rulers from their thrones but lifted up the lowly.  
The hungry he has filled with good things;  
the rich he has sent away empty.  
He has helped Israel his servant,  
remembering his mercy,  
according to his promise to our fathers,  
to Abraham and to his descendants forever.”

# SAINT PAUL CATHOLIC SCHOOL

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