

Everyday Catholic Prayers

A Redemptorist Pastoral Publication



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Introductory Note

According to an ancient definition, prayer is “keeping company with God.” Prayer is you relating to God in the deepest recesses of your personality. It is you seeking and communing with the living God—responding to God as he has made himself known to you.

As intimately personal as it is, prayer makes use of word formulas. Liturgical prayer—the official community prayer of the Church—uses approved formulas. So does unofficial group prayer. Even in solitary private prayer, traditional formulas can be of great help.

At its most personal, private prayer is spontaneous—and sometimes even wordless. Nonetheless, people who pray constantly find formulas to be practical helps for breaking into prayer and expressing the faith they share with the people of God. For this reason some of the most loved, time-approved formulas of Catholic devotion are offered here—prayers that express the whole range

of prayerful attitudes: adoration, thanksgiving, petition, and atonement.

There are some prayers Catholics learn from childhood. Here are those basic Catholic prayers.

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (*Said at the beginning and end of prayers.*)

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.

The following Acts of Faith, Hope, Love, and Contrition serve well for morning and night prayers.

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 revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your infinite goodness 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.