

# Traditional Catholic Prayers



## 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

Glory be 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.

## The Angelus

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. 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 Guardian Angel (traditional)

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

## Grace before Meals

Bless us oh God as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us h god. 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.