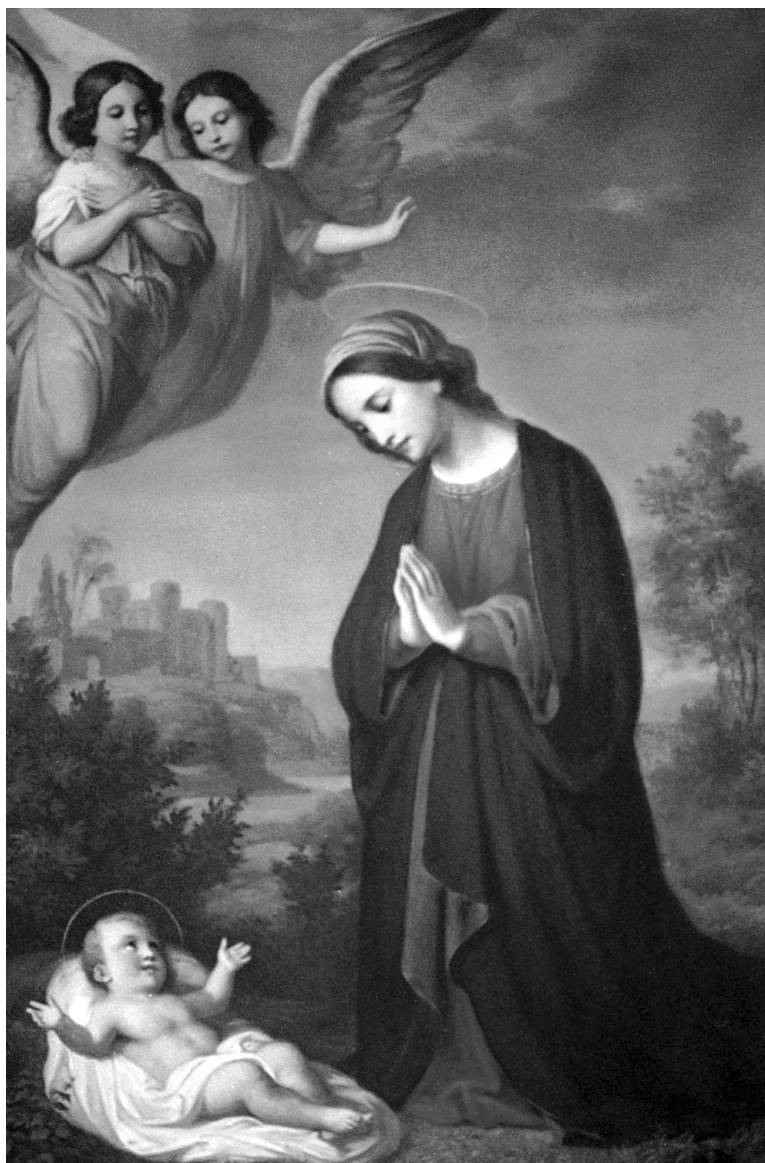


CATHOLIC PRAYERS

*“ . . . All things whatsoever you
shall ask in prayer, believing, you
shall receive.”*

—Matthew 21:22



Painting: Heinrich Kaiser 1813-1900/Photo: Victoria Ambrosetti/Photo © 2007 TAN

The Blessed Virgin Mary in adoration and prayer before the Child Jesus, with Angels in attendance.

CATHOLIC PRAYERS

Compiled From Traditional Sources

By

Thomas A. Nelson

*“If you abide in me and my
words abide in you, you shall ask
whatever you will, and it shall be
done unto you.”*

—John 15:7

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Dedicated to
The Blessed Virgin Mary,
Our Model in Prayer

Some Notes On Prayer

Prayer is “a raising of the mind and heart to God.” Prayer is made for four basic reasons: 1) to *adore and praise God*, 2) to *thank Him* for blessings received, 3) to *ask pardon for* and *expiate* (or “make up for”) *our sins*, and 4) to *petition Him* for all our needs. To be effective, prayer must be 1) *humble*, 2) *confident*, 3) *persevering*, 4) *focused* (not wilfully distracted) and 5) *penitent* (with sorrow for our sins). There are two types of prayer, *mental* and *vocal*. Mental prayer is meditation on spiritual truths; vocal prayer consists of repeating set words. All vocal prayer has some mental prayer built in. *Catholic Prayers* is a book of vocal prayer. St. Anthony Mary Claret (1807-1870) found vocal prayer much easier than mental prayer and felt Our Lord’s sensible presence more in vocal prayer;¹ he became so holy that toward the end of his life he received the grace that the Blessed Sacrament was always conserved in his breast.²

Everyone is obliged to pray, for without prayer—as St. Alphonsus teaches—we shall not receive the actual graces necessary to save our souls. We must ask for them.³ We cannot say, “God knows what I need; I don’t need to remind Him!” Rather, Scripture admonishes us, “in everything, by prayer and supplication, with thanksgiving, let your petitions be made known to God.” (*Phil.* 4:6). The Saints concur with St. John Chrysostom (347-407) that “It is simply impossible, without prayer, to lead a virtuous life.”⁴ Therefore, we should “Pray without ceasing.” (*1 Thess.* 5:17).

1. *The Autobiography of St. Anthony Mary Claret*, Louis Joseph Moore, C.M.F., Trans., 1945; TAN, 1985, p. 197.

2. *Ibid.*, pp. 180, 181.

3. St. A. de Liguori, *The Great Means of Salvation and Perfection*, Part I, Ch. I, Sec. I.

4. Cf. *Voice of the Saints*, Sel. & Arr. by Francis W. Johnston, 1965; rpt. TAN, 1986, p. 35.

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“Offer to God the sacrifice of praise [the Mass], and pay thy vows to the most High. And call upon me in the day of trouble, and I will deliver thee, and thou shalt glorify me.” (Psalm 49:14-15).

“Let nothing hinder thee from praying always, and be not afraid to be justified even to death, for the reward of God continueth forever.” (Ecclesiasticus 18:22).

“Watch ye, therefore, praying at all times, that you may be accounted worthy to escape all these things that are to come, and to stand before the Son of man.” (Luke 21:36).

“Ask and it shall be given to you; seek and you shall find; knock and it shall be opened to you. For everyone that asketh, receiveth; and he that seeketh, findeth; and to him that knocketh, it shall be opened.” (Matthew 7:7-8).

“If two of you shall consent upon earth, concerning anything whatsoever they shall ask, it shall be done to them by my Father in heaven. For where there are two or three gathered together in my name, there am I in the midst of them.” (Matthew 18:19-20).*

*This promise depends, of course, on the persons fulfilling the five requirements for effective prayer. (See page vi in this book.)

— Part One —
BELOVED PRAYERS

Which All Catholics Should Know By Heart

The Sign of the Cross

This most fundamental prayer is used to begin and end one's prayers and to ward off the attacks of the devil. It is especially powerful when used with Holy Water.

IN THE NAME of the Father, and of the Son, and of the Holy Ghost. 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.

Glory Be

GLORY BE to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He arose again from the dead; He ascended into Heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the Resurrection of the Body, and life everlasting. Amen.

The Act of Faith

O MY GOD, I firmly believe that Thou art one God in Three Divine Persons: the Father, the Son and the Holy Ghost. I believe that Thy Divine Son became man, and died for our sins, and that He shall 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.

The Act of Hope

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

The 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.

The Act of Contrition

It is good to begin our prayers by purifying our souls with an 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 offend Thee, my God, Who art 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.

The Confiteor

I CONFESS to Almighty God, to Blessed Mary ever virgin, to Blessed Michael the Archangel, to Blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly, in thought, word and deed; through my fault, through my fault, through my most grievous fault. Therefore I beseech Blessed Mary ever virgin, Blessed Michael the Archangel, Blessed John the Baptist, the holy Apostles Peter and Paul and all the Saints, to pray to the Lord our God for me.

May Almighty God have mercy upon us, forgive us our sins and bring us to everlasting life. Amen.

May the Almighty and Merciful Lord grant us pardon, absolution and remission of all our sins. Amen.

The Hail, Holy Queen

Salve Regina

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.

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

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

The Memorare

Famous Prayer of St. Bernard of Clairvaux

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 with 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 After the Rosary

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 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.

Prayer to St. Michael The Archangel

ST. MICHAEL the Archangel, defend us in the 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, cast into Hell Satan and all the other evil spirits who prowl about the world seeking the ruin and destruction of souls. Amen.

Most Sacred Heart of Jesus

Most Sacred Heart of Jesus,

Have mercy on us.

Most Sacred Heart of Jesus,

Have mercy on us.

Most Sacred Heart of Jesus,

Have mercy on us.

Come, Holy Ghost

V. Come, Holy Ghost, fill the hearts of Thy faithful;

R. *And kindle in them the fire of Thy love.*

V. Send forth Thy Spirit, and they shall be created;

R. *And Thou shalt renew the face of the earth.*

Let Us Pray

O God, Who hast instructed the hearts of the Faithful by the light of the Holy Ghost, grant we beseech Thee, 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.