

Our Family Prayers



The following prayers were written from memory based on what I learned from my family and my religious education: *Sign of the Cross, Our Father, Apostles' Creed, Serenity Prayer, Prayer of St. Thomas Aquinas, Family Prayer, Act of Contrition, Jesus Prayer, Soul of Christ, Act of Spiritual Communion, Prayer Before Meals, Bedtime Prayer, Guardian Angel Prayer, The Rosary Prayers, and The Divine Mercy Chaplet.*

The *Prayer for Religious Vocations* was written by my grandmother, Anna Mae Tschirhart Connolly Merkle.

All other information and prayers were written by me, with the help of the Holy Spirit, based on the experiences of my personal faith journey.

The words on the *Bible Verses* page are not direct quotes from any Bible, but were written from my memory of plaques displayed in the homes of family and friends.

The image of *The Rosary Beads* was created by me. The cover image was acquired through a paid subscription with emoji.com for commercial use. All other images were acquired from openclipart.org.

About this Booklet

With the help of the Holy Spirit, this booklet was written to help us grow closer to God. The first section is intended for daily prayer and will take about 15 minutes. The second section contains additional prayers and information to help us on our faith journey.

About Prayer

Prayer is a conversation between us and God.

Prayer is an expression of praise, thanks, or need.

Prayer can be at any time of the day or night.

Prayer can be anywhere: home, work, car, etc.

Prayer is how we grow our relationship with God.

Prayer can be:

two words or two thousand.

pre-written or spontaneous.

spoken, sung, or silent thoughts.

Types of Prayer

Adoration. Giving praise and glory to God.

Thanksgiving. Thanking God always, for every aspect of our lives, even our struggles.

Petition. Asking God to help us.

Intercession. Asking God to help others.

Contrition. Telling God we are sorry when we don't follow his commandments.

Tips for Praying

- ❖ Pray every day, in a quiet place, by ourselves.
- ❖ Put God first and pray before we start our day.
- ❖ Turn off distractions and focus on God.
- ❖ Talk to God as we would to a good friend, sharing our joys, sorrows, anger, needs, etc.
- ❖ Quiet our mind and listen; God speaks to us in the silence of our heart.
- ❖ Ask the Holy Spirit to help us pray; and listen.
- ❖ Throughout the day, continue to pray; ask for help, give thanks, and give praise.
- ❖ There is no wrong way, just pray!

Daily Prayers

Sign of the Cross

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

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He 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,
and on the third day he rose 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.

Act of Faith

O God,

I place all my faith in you,
one God in three divine persons,
the Father, the Son, and the Holy Spirit.
Amen.

Act of Hope

O God,

I hope for the pardon of all my sins,
and eternal life with you.
Amen.

Act of Love

O God,

I love you with all my heart,
all my soul, and all my mind,
and I love my neighbor as myself.
Amen.

Serenity Prayer

God, grant me,
the serenity to accept the things
I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Amen.

Prayer of St. Thomas Aquinas

God, grant me,
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance in waiting for you,
and a hope of finally embracing you.
Amen.

Bible Verses

Micah 6:8

This is what the Lord asks of you, only this:
 to act justly,
 to love tenderly,
and to walk humbly with your God.

Proverbs 3:5-6

Trust in the Lord with all your heart,
and lean not on your own understanding.
 In all your ways acknowledge him,
 and he will direct your path.

Psalm 62:2

Only in God is my soul at rest.
 In him comes my salvation.

Joshua 24:15

As for me and my household,
 we will worship the Lord.

Family Prayer

God made us a family.

We need one another.

We love one another.

We forgive one another.

We work together.

We play together.

We worship together.

Together we love all people.

Together we grow in faith.

Together we serve our God.

Thank you God for all of my family,

especially N.

Amen.

Prayer for Fathers

O heavenly Father,
bless all fathers and fatherlike figures,
especially N.

Fathers are the head of the family,
charged by you to protect and provide for the
physical and spiritual needs of each member.

Therefore, help our fathers lead
their families with love and kindness.

Grace them with the virtues of
courage, wisdom, and justice.

Grant them knowledge so they may
properly educate and discipline their children.

And help them prioritize and balance
their faith, family, and career.

Amen.

Prayer for Mothers

O heavenly Father,
bless all mothers and motherlike figures,
especially N.

Mothers are the heart of the family,
providing care and support through their
self-sacrifice and unconditional love.

Therefore, when our mothers are tired,
give them strength.

When they feel alone,
give them comfort.

When they are overwhelmed,
help them to know peace.

And in their darkest moments,
be their light.

Amen.

Prayer for Children

O heavenly Father,
bless all children of the world,
especially N.

Provide them with parents and caregivers
who will love them and prepare them
for life on earth
and eternal life in heaven.

Protect them from all evil
and guide them towards a life of
goodness, discipline, and knowledge.

Prepare them for the vocation in life
for which you have called them:
marriage, single life, or religious life.

And fill them with a desire to know
your Son, Jesus Christ.
Amen.

Prayer for Religious Vocations

Heavenly Father, you see the needs of your people and hear the prayers of your Church. See our need for more religious vocations.

We need ministers of the Word and of the sacraments. We need guides to teach us your way. Lord, the work in your vineyard is abundant and the workers are not sufficient.

We ask you to bless our young people,
especially N,
with the call to religious life. Enrich your Church with many holy and zealous priests, sisters, brothers, and deacons.

We ask this through Jesus Christ, your Son,
who lives and reigns with you,
in the unity of the Holy Spirit,
now and forever.

Amen.

Prayer for the Sick

Heavenly Father, bless all who are sick,
especially N.

Comfort them through their illness
and embrace them with your love.

Let their pain and suffering be united
with the sacrifice of your Son, Jesus,
and offered up for the healing of the whole
world. We ask this through Christ, our Lord.

Amen.

Prayer for the Dying

Eternal God, pour your grace on those dying,
and on those who have died,
especially N.

Have compassion on them and their families.
Forgive their sins and welcome them into your
kingdom. We ask this through Christ, our Lord.

Amen.

Resurrection Prayer

My Lord, Jesus Christ,
you endured much pain and suffering
before dying on the cross.

You sacrificed yourself
to take away the sins of the world,
so that those who have faith in you,
and follow your commandments,
will be resurrected to eternal life.

Jesus, you are my God and my Savior.

Give me strength
to endure my own pain and suffering.

Help me turn away from sin
and follow your commandments
so that, by your grace,

I may be resurrected to eternal life
and live with you
forever and ever.

Amen.

The Ten Commandments

Traditional in black. Children's version in blue.

1. I am the Lord your God, you shall not have strange gods before me.

Love God more than anything else.

2. You shall not take the Lord's name in vain.

Say God's name with respect.

3. Keep holy the Lord's day.

Honor God and go to church on Sunday.

4. Honor your father and mother.

Respect your father and mother.

5. You shall not murder. Don't hurt anyone.

6. You shall not commit adultery. Don't cheat.

7. You shall not steal. Don't steal.

8. You shall not lie. Don't lie.

9. You shall not covet your neighbor's spouse.

Respect the marriage promise.

10. You shall not covet your neighbor's goods.

Don't be jealous of what others have.

Sin and Virtue

Sin is when we deliberately disobey God. God is love and God wants us to love him, love others, and love ourselves. God wants us to be virtuous.

The following are called deadly sins because they can lead to the destruction of our soul.

When we recognize these sins in our lives, we should ask the Holy Spirit to help us emulate their opposite virtues.

When I feel... help me to be...

Pride **Humble**

Greed **Generous**

Lust **Chaste**

Anger **Patient**

Gluttonous **Moderate**

Envy **Kind**

Lazy **Diligent**

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.

Amen.

Jesus Prayer

Lord Jesus Christ,

Son of God,

have mercy on me,

a sinner.

Soul of Christ

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, intoxicate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds, hide me.

From the wicked foe, defend me.

At the hour of my death, call me,

and bid me come to you,

that with your saints,

I may praise you,

for ever and ever.

Amen.

Jesus, I trust in You.

The New Covenant

At the Last Supper, Jesus established a new covenant. No longer would we sacrifice and consume a lamb. Jesus would sacrifice his own body for us to consume. He would shed his blood for the forgiveness of our sins.

At every Mass, through a divine mystery, and by the power of the Holy Spirit, bread and wine are transformed into his body and blood. If we are not able to participate in the Sacrament of the Eucharist, we may pray the following:

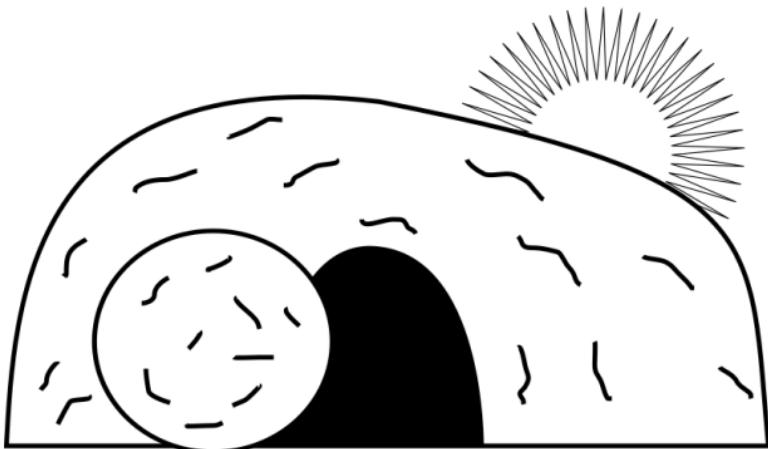
Act of Spiritual Communion

O my Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you were already there, I embrace you and unite myself wholly to you. Permit not that I should ever be separated from you. Amen.

The Resurrection

After the Last Supper, while praying in the garden, Jesus was arrested, condemned, and crucified. He became the sacrificial lamb, slain for the atonement of our sins.

Three days later, Jesus rose from the dead, demonstrating the power of God over death, validating his sacrifice on the cross for our sins, and providing us hope for our own resurrection.



He is Risen! Alleluia!

Thank You Jesus

Thank you Jesus,
for coming to earth to teach **me**
about the kingdom of heaven.

Thank you Jesus,
for allowing yourself to be crucified,
so **my** sins would be forgiven.

Thank you Jesus,
for rising from the dead,
giving **me** hope for **my** salvation.

Thank you Jesus,
for loving **me**.

Amen.

Additional Prayers and Information

Morning Prayer

Thank you God
for all the blessings you will give me today.
May all my thoughts, words, and actions
glorify you.
Amen.

Night Prayer

Take a few moments to recall the day.

Thank you God
for all the blessings you gave me today.
Forgive all my thoughts, words, and actions
that did not glorify you.
Amen.

Prayer Before Reading the Bible

Holy Spirit,
help me understand
how to apply the Word of God
to my life today.
Amen.

Prayer Before Meals

Bless us, O Lord, and these thy gifts,
for which we are about to receive,
from thy bounty through Christ, our Lord.
Amen.

Bedtime Prayer

Now I lay me down to sleep,
I pray the Lord my soul to keep.
May angels watch me through the night,
and wake me with the morning light.
Amen.

Guardian Angel Prayer

Angel of God, my guardian dear,
to whom God's love commits me here.
Ever this day be at my side,
to light, to guard, to rule, to guide.
Amen.

About Saints

One of the beliefs we state in the Apostles' Creed is the belief in the communion of saints.

A saint is someone who is faithful to God. The communion of saints is the connection of all members of the Church, including those on earth trying to become a saint and those in heaven who are saints. The Church gives some individuals in heaven the title of 'Saint' for their exceptional holiness and acts of faith.

We have pictures and statues of our historical and spiritual heroes to remind us of what they have done and to inspire us to be like them. We may admire and adore these heroes, but we don't worship them or their statues. We only worship God.

Saints are alive in heaven and are part of our Church family. Just as we may ask a friend at church to pray for us, we may ask the saints in heaven to do the same. Saints come from all walks of life and have struggles just like us. Read their stories. Here are two.

St. Kateri

Lily of the Mohawks

St. Kateri, you are revered as
Mystic of the American Wilderness.
Even though you were orphaned
at the age of four,
with a scarred face
and damaged eyesight from illness,
you were esteemed among the Mohawk tribe.

When you asked to be baptized a Christian,
you subjected yourself to abuse by your people
and were forced to run away.
You endured many trials
but still flowered in prayer and holiness,
dedicating yourself totally to Christ.

St. Kateri, please pray for me,
that I may know how to dedicate my life
to our Lord, Jesus Christ.

Amen.

St. Blaise

Patron of Throat Illnesses

St. Blaise was a 4th century bishop known for his faith in God and for miraculous healings, particularly healings involving the throat.

In 316, when he refused to make sacrifices to pagan idols, he was executed. On February 3, the Feast Day of St. Blaise, the Church offers a special blessing of throats.

Blessing of the Throat

Through the prayers of St. Blaise,

bishop and martyr,

may God deliver all people,

Especially N,

from ailments of the throat,

and from every other evil.

In the name of the Father,

and of the Son,

and of the Holy Spirit.

Amen.

About Mary

When the Angel Gabriel greeted Mary he said “Hail, full of grace.” She was filled with the presence of God, chosen to be the mother of Jesus. Pregnancy out of wedlock meant punishment by death, however, Mary trusted in the Lord and said, “let it be done to me according to your word.”

Mary devoted her life to Jesus. She held him as a baby in the stable, and she held his body at the foot of the Cross. The Bible says Mary is the mother of our Lord and blessed among women for all generations. It is fitting for us to honor Mary.

Over the centuries Mary has appeared to people all over the world where she encouraged various forms of prayer and devotion to her Son, including the Rosary. Through these apparitions, millions of people have come to know Jesus.

About the Rosary

Pebbles, knotted strings, beads, and other devices have been used for thousands of years by many religions to help people keep track of their prayers.

Jesus said we are to pray constantly. As early as the 3rd century, monks would pray all 150 Psalms every day. The common person who could not read, would recite 150 Our Fathers using pebbles or a string.

Over the centuries, the format and prayers of this spiritual practice has evolved into the Rosary.

The repetition of Rosary prayers has many benefits. It helps us calm our mind and focus our attention. It helps us enter the silence of our hearts. It helps us meditate on the life of Jesus.

While there are variations around the world, the following is a common Rosary format.

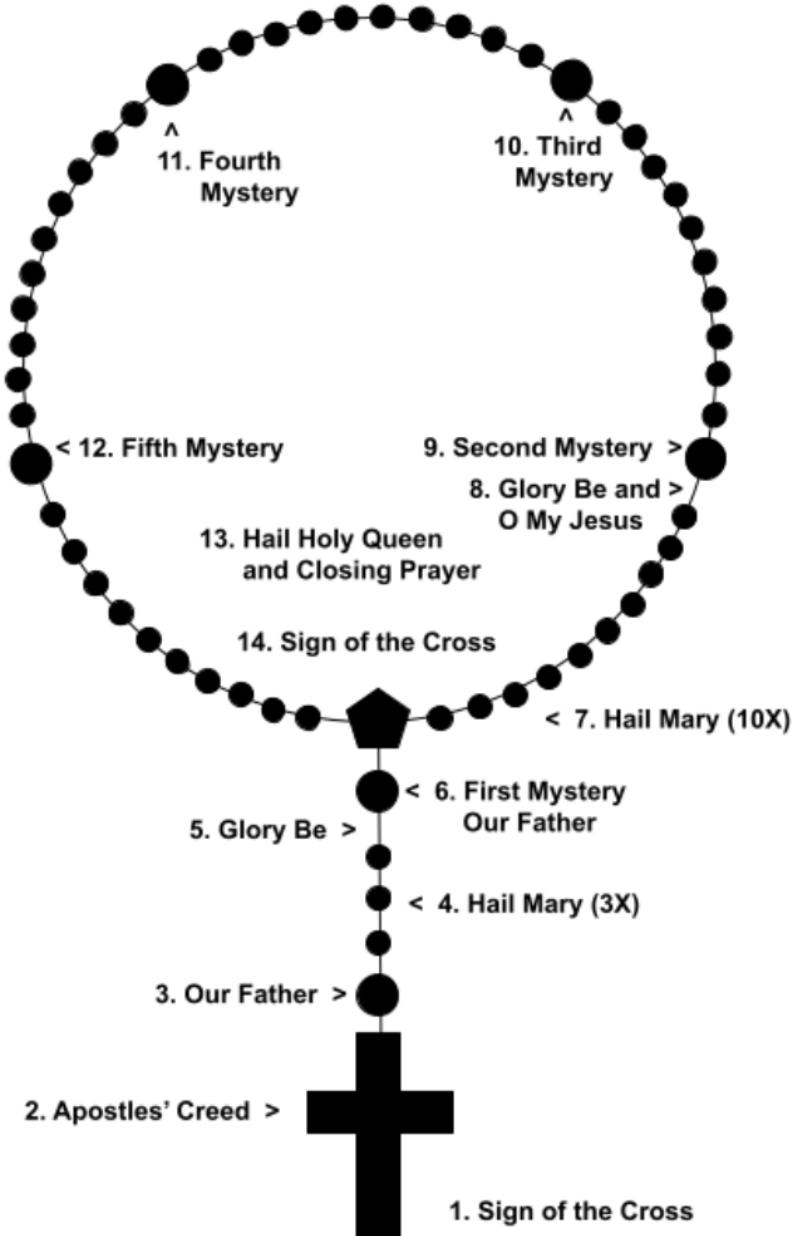
How to Pray the Rosary

1. Make and say the Sign of the Cross.
2. Say the Apostles' Creed holding the Crucifix.
3. Say the Our Father on the first bead.
4. Say the Hail Mary on the next three beads.
5. Say the Glory Be, no bead.

Next are the five decades. These decades focus on a set of events, mysteries, of the life of Jesus. Choose any set of mysteries. Those who pray the Rosary daily may follow the pattern outlined.

6. Announce the first mystery then say the Our Father on the next bead, before the medallion.
Skip over the medallion to the first set of 10 beads.
7. While saying 10 Hail Marys, one on each bead, meditate on the first mystery.
8. Say the Glory Be and O My Jesus, no bead.
9. thru 12. Repeat for the next four mysteries.
13. Say the Hail Holy Queen and the Rosary Closing Prayer.
14. Make and say the Sign of the Cross.

The Rosary Beads



Mysteries of the Rosary

Joyful (Monday and Saturday)

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

Luminous (Thursday)

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

Sorrowful (Tuesday and Friday)

1. The Agony in the Garden
2. The Crowning of Thorns
3. The Scourging at the Pillar
4. The Carrying of the Cross
5. The Crucifixion

Glorious (Wednesday and Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation

The Rosary Prayers

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.

O My Jesus

O my Jesus, forgive us our sins.
Save us from the fires of hell.
Lead all souls to heaven,
especially those in most need of your mercy.

Hail Holy Queen

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 valley of tears. Turn then, most gracious
advocate, your eyes of mercy toward us, and
after this, our exile, show us the blessed fruit
of your womb, Jesus. O clement, O loving,
O sweet Virgin Mary. Pray for us O holy
Mother of God, that we may be worthy
of the promises of Christ.

Rosary Closing Prayer

O God, whose Only Begotten Son, by his life,
death, and resurrection, has purchased for us
the rewards of eternal life, grant, we beseech
thee, that while meditating on these mysteries
of 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 Way of the Cross

Millions of people make pilgrimages to the Holy Land to visit the places where Jesus had been. Some walk the same path Jesus took when he carried his cross and was crucified, stopping to pray at each event on the way.

In churches around the world, there are 14 stations representing these events. Some people pray the Way of the Cross every Friday at 3 pm, the day and hour Jesus died. Many church communities pray together on Fridays during Lent, especially on Good Friday.

Meditating on each station of the Way of the Cross, brings us closer to Christ through his passion. After reading each station, say the following, then pause to reflect:

*We adore you O Christ and we praise you,
because by your holy cross,
you have redeemed the world.*

The Stations

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls for the first time.
4. Jesus meets his mother, Mary.
5. Simon of Cyrene helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls for the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls for 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 Divine Mercy Chaplet

The sacrifice of Jesus is **The Divine Mercy**. No matter what we have done, if we turn to God, he will welcome us with open arms.

Use rosary beads to pray the chaplet while meditating on The Divine Mercy of Jesus.

1. Make and say the Sign of the Cross
2. Say the Our Father
3. Say the Hail Mary
4. Say the Apostles' Creed
5. Say the Eternal Father, beginning of decade
6. Say the For The Sake, 10 decade beads
7. Say the Holy God, three times
8. Make and say the Sign of the Cross

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.

For The Sake of his sorrowful passion, have mercy on us and on the whole world.

(3x) Holy God, holy mighty One, holy immortal One, have mercy on us and on the whole world.

Works of Mercy

Throughout the Gospels, and other books of the Bible, Jesus commands us to perform works of mercy. The following is a common list.

Seven Corporal Works of Mercy

- Feed the hungry.
- Give drink to the thirsty.
- Clothe the naked.
- Shelter the homeless.
- Visit the sick.
- Visit the imprisoned.
- Bury the dead.

Seven Spiritual Works of Mercy

- Counsel the doubtful.
- Instruct the ignorant.
- Admonish sinners.
- Comfort the afflicted.
- Forgive offenses.
- Bear wrongs patiently.
- Pray for the living and the dead.

The Seven Sacraments of the Catholic Church

A sacrament is a visible sign of the invisible grace of God to help us become holy.

Baptism cleanses us from sin and unites us with God and his Church.

Confirmation prepares us for a life of love and service to God.

The **Eucharist** nourishes us spiritually and strengthens our union with God.

Confession allows us to confess our sins, receive forgiveness, and be reconciled with God.

Anointing of the Sick heals us spiritually and gives us strength to endure our suffering.

Matrimony joins a couple in a permanent union to grow in love for God and each other.

Holy Orders consecrates deacons, priests, and bishops to an apostolic life of service.

The Five Precepts of the Catholic Church

These precepts are the minimum amount of prayer and moral effort required by the Church to grow our faith.

You shall attend Mass on Sundays and holy days of obligation, and rest from work on these days.

You shall confess your sins at least once a year.

You shall receive the Sacrament of the Eucharist at least during the Easter season.

You shall observe the days of fasting and abstinence established by the Church.

You shall help provide for the material needs of the Church, according to your own ability.

Use the blank pages for notes and prayers.

