

Pray traditional prayers to solidify God's Word in you

The traditional prayers that God is calling us to pray bring the Word of God alive in us. Scriptural verses are included with some of these prayers to help clarify their meaning.

Sign of the Cross

In the name of the Father [place your right-hand fingers with open palm on your forehead] and of the Son [right hand on lower chest] and of the Holy Spirit [right hand from left to right shoulder]. Amen.

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 power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of God the Father Almighty. From thence he will come again 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 the life everlasting. Amen.

Meditations

I believe in God, the Father Almighty, Creator of heaven and earth,

“In the beginning God created heaven, and earth.” (Genesis 1:1)

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

“That you may walk worthy of God, in all things pleasing; being fruitful in every good work, and increasing in the knowledge of God: Strengthened with all might, according to the



The Nativity

power of his glory, in all patience and long-suffering with joy, giving thanks to God the Father, who hath made us worthy to be partakers of the lot of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of the Son of his love, in whom we have redemption through his blood, the remission of sins; who is the image of the invisible God, the first born of every

creation¹: For in him were all things created in heaven and on earth, visible and invisible, whether thrones, or dominations, or principalities, or powers: all things were created by him and in him. And he is before all, and by him all things consist. And he is the head of the body, the church, who is the beginning, the first born from the dead; that in all things he may hold the primacy: Because in him, it hath well pleased the Father, that all fulness should dwell; and through him to reconcile all things unto himself, making peace through the blood of his cross, both as to the things that are on earth, and the things that are in heaven.” (Colossians 1:10–20)

“And that every tongue should confess that the Lord Jesus Christ is in the glory of God the Father.” (Philippians 2:11)

who was conceived by the power of the Holy Spirit, born of the Virgin Mary,

¹ Translated from the Latin word “creaturae”. The Douay-Rheims translators incorrectly assumed “creatura”. Jesus Christ is the first born of the Father, God the Son, who came before all creation. He is not a “creature”.

“Now the generation of Christ was in this wise. When as his mother Mary was espoused to Joseph, before they came together, she was found with child, of the Holy Spirit.” (Matthew 1:18)

suffered under Pontius Pilate, was crucified, died and was buried.



And the earth quaked

“And so Pilate being willing to satisfy the people, released to them Barabbas, and delivered up Jesus, when he had scourged him, to be crucified.” (Mark 15:15)

“And Jesus crying out with a loud voice, said: Father, into thy hands I commend my spirit. And saying this, he gave up the spirit².” (Luke 23:46)

“This man went to Pilate, and begged the body of Jesus. And taking him down, he wrapped him in fine linen, and laid him in a sepulchre that was hewed in stone, wherein never yet any man had been laid.” (Luke 23:52–53)

² Meaning he “expired” or “died”, originating from the Latin word “expiravit”.

He descended to the dead.

“In which also coming he preached to those spirits that were in prison³: Which had been some time incredulous, when they waited for the patience of God in the days of Noe, when the ark was a building: wherein a few, that is, eight souls, were saved by water.” (1 Peter 3:19–20)

“Now that he ascended, what is it, but because he also descended first into the lower parts of the earth? He that descended is the same also that ascended above all the heavens, that he might fill all things.” (Ephesians 4:9–10)

On the third day he rose again.

“He is not here, but is risen. Remember how he spoke unto you, when he was in Galilee, saying: The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.” (Luke 24:6–7)

³ These spirits in prison are the souls in eternity awaiting to be released into heaven, also referred to in Matthew 5:25: “... and thou be cast into prison. Amen I say to thee, thou shalt not go out from thence till thou repay the last farthing.”

“Who was predestinated the Son of God in power, according to the spirit of sanctification, by the resurrection of our Lord Jesus Christ from the dead” (Romans 1:4)

He ascended into heaven and is seated at the right hand of God the Father Almighty.

“And the Lord Jesus, after he had spoken to them, was taken up into heaven, and sitteth on the right hand of God.” (Mark 16:19)

“Who is he that shall condemn? Christ Jesus that died, yea that is risen also again; who is at the right hand of God, who also maketh intercession for us.” (Romans 8:34)

From thence he will come again to judge the living and the dead.

“Now of these Enoch also, the seventh from Adam, prophesied, saying: Behold, the Lord cometh with thousands of his saints, to execute judgment upon all, and to reprove all the ungodly for all the works of their ungodliness, whereby they have done ungodly, and of all the hard things which ungodly sinners have spoken against God.” (Jude 1:14 –15)



The Ascension of Jesus

“I charge thee, before God and Jesus Christ, who shall judge the living and the dead, by his coming, and his kingdom: Preach the word: be instant in season, out of season: reprove, entreat, rebuke in all patience and doctrine.” (2 Timothy 4:1–2)

“And the angels who kept not their principality, but forsook their own habitation, he hath reserved under darkness in everlasting chains, unto the judgment of the great day.” (Jude 1:6)

“For if God spared not the angels that sinned, but delivered them, drawn down by infernal ropes to the lower hell, unto torments, to be reserved unto judgment:” (2 Peter 2:4)

“The Lord knoweth how to deliver the godly from temptation, but to reserve the unjust unto the day of judgment to be tormented.” (2 Peter 2:9)

“And I saw a great white throne, and one sitting upon it, from whose face the earth and heaven fled away, and there was no place found for them. And I saw the dead, great and small, standing in the presence of the throne, and the books were opened; and another book was opened, which is the book of life; and the dead were judged by those things which were written in the books, according to their works. And the sea gave up the dead

that were in it, and death and hell gave up their dead that were in them; and they were judged every one according to their works.” (Revelation 20:11–13)

“And I will set my glory among the nations: and all nations shall see my judgment that I have executed, and my hand that I have laid upon them. And the house of Israel shall know that I am the Lord their God from that day and forward.” (Ezekiel 39:21–22)

I believe in the Holy Spirit,

“But the Paraclete, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring all things to your mind, whatsoever I shall have said to you.” (John 14:26)

“Or know you not, that your members are the temple of the Holy Spirit, who is in you, whom you have from God; and you are not your own?” (1 Corinthians 6:19)

“I speak the truth in Christ, I lie not, my conscience bearing me witness in the Holy Spirit: That I have great sadness, and continual sorrow in my heart.” (Romans 9:1)

“For the kingdom of God is not meat and drink; but justice, and peace, and joy in the Holy Spirit.” (Romans 14:17)

the Holy Catholic Church,

“Sing ye to the Lord a new canticle: let his praise be in the church of the saints.” (Psalms 149:1)



St Peter's Basilica, Vatican City

“The heavens shall confess thy wonders, O Lord: and thy truth in the church of the saints.” (Douay-Rheims Psalms 88:6, others 89:5)

“And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it. And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven.” (Matthew 16:18–19)

“Therefore, brethren, stand fast; and hold the traditions which you have learned, whether by word, or by our epistle.” (2 Thessalonians 2:14)

the communion of saints,

“But the saints of the most high God shall take the kingdom: and they shall possess the kingdom for ever and ever.” (Daniel 7:18)

“Even when we were dead in sins, hath quickened us together in Christ, (by whose grace you are saved,) and hath raised us up together, and hath made us sit together in the heavenly places, through Christ Jesus.” (Ephesians 2:5–6)

“And if one member suffer any thing, all the members suffer with it; or if one member glory, all the members rejoice with it.” (1 Corinthians 12:26)

the forgiveness of sins,

“When he had said this, he breathed on them; and he said to them: Receive ye the Holy Spirit. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained.” (John 20:22–23)

“To open their eyes, that they may be converted from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins, and a lot among the saints, by the faith that is in me.” (Acts 26:18)

the resurrection of the body,

“For the Lord himself shall come down from heaven with commandment, and with the voice of an archangel, and with the trumpet of God: and the dead who are in Christ, shall rise first. Then we who are alive, who are left, shall be taken up together with them in the clouds to meet Christ, into the air, and so shall we be always with the Lord.” (1 Thessalonians 4:15–16)

“So also is the resurrection of the dead. It is sown in corruption, it shall rise in incorruption.” (1 Corinthians 15:42)

and the life everlasting. Amen.

“And behold one came and said to him: Good master, what good shall I do that I may have life everlasting? Who said to him: Why asketh thou me concerning good? One is good, God. But if thou wilt enter into life, keep the commandments.” (Matthew 19:16–17)

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.

Meditations

Our Father who art in heaven,

“That you may be the children of your Father who is in heaven, who maketh his sun to rise upon the good, and bad, and raineth upon the just and the unjust.” (Matthew 5:45)

hallowed be thy name.

“There is one most high Creator Almighty, and a powerful king, and greatly to be feared, who sitteth upon his throne, and is the God of dominion.” (Ecclesiasticus 1:8)

“The fear of the Lord is holy, enduring for ever and ever: the judgments of the Lord are true, justified in themselves.” (Douay- Rheims Psalms 18:10, others 19:9)

“He hath sent redemption to his people: he hath commanded his covenant for ever. Holy and terrible is his name.” (Douay- Rheims Psalms 110:9, others 111:9)

Thy kingdom come.

“When he shall come to be glorified in his saints, and to be made wonderful in all them who have believed” (2 Thessalonians 1:10)

Thy will be done on earth, as it is in heaven.

“Not every one that saith to me, Lord, Lord, shall enter into the kingdom of heaven: but he that doth the will of my Father who is in heaven, he shall enter into the kingdom of heaven.”
(Matthew 7:21)

Give us this day our daily bread,

“Give us this day our supersubstantial bread” (Matthew 6:11)

Our supersubstantial bread

“This is the bread that came down from heaven. Not as your fathers did eat manna, and are dead. He that eateth this bread, shall live for ever.” (John 6:59)

“For as often as you shall eat this bread, and drink the chalice, you shall shew the death of the Lord, until he come.” (1 Corinthians 11:26)

and forgive us our trespasses as we forgive those who trespass against us,



“But if you will not forgive men, neither will your Father forgive you your offences.”
(Matthew 6:15)

“Let the wicked forsake his way, and the unjust man his thoughts, and let him return to the Lord, and he will have mercy on him, and to our God: for he is bountiful to forgive.” (Isaiah 55:7)

and lead us not into temptation⁴,

“Watch ye, and pray that ye enter not into temptation. The spirit indeed is willing, but the flesh weak.” (Matthew 26:41)

but deliver us from evil. Amen.

“And going, preach, saying: The kingdom of heaven is at hand. Heal the sick, raise the dead, cleanse the lepers, cast out devils: freely have you received, freely give.” (Matthew 10:7–8)

“And the enemy death shall be destroyed last: For he hath put all things under his feet. And whereas he saith, all things are put under him; undoubtedly, he is excepted, who put all

⁴ This old English phrase means “and do not let us be led into temptation” or as per Pope Francis, “and do not let us fall into temptation”.

things under him. And when all things shall be subdued unto him, then the Son also himself shall be subject unto him that put all things under him, that God may be all in all.” (1 Corinthians 15:26–28)

“He shall cast death down headlong for ever: and the Lord God shall wipe away tears from every face, and the reproach of his people he shall take away from off the whole earth: for the Lord hath spoken it.” (Isaiah 25:8)

“And God shall wipe away all tears from their eyes: and death shall be no more, nor mourning, nor crying, nor sorrow shall be any more, for the former things are passed away.” (Revelation 21:4)

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.

Meditations

Hail Mary full of grace, the Lord is with thee.

“And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.” (Luke 1:28)



The Visitation

Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

“And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb⁵. And Elizabeth was filled with the Holy Spirit: And she cried out with a loud voice, and said: Blessed art thou among women, and blessed is the fruit of thy womb.” (Luke 1:41– 42)

“And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed.” (Luke 1:46– 48)

⁵ This verse is proof that a foetus is alive in a womb, with emotions and awareness of what is going on.

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

“Now therefore pray for us, for thou art a holy woman, and one fearing God.” (Judith 8:29)

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.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, hail, 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 vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards 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.



Our Lady of Lourdes

Meditations

Hail, Holy Queen, Mother of Mercy, hail, our life, our sweetness and our hope.

“I am the mother of fair love, and of fear, and of knowledge, and of holy hope⁶. In me is all grace of the way and of the truth⁷, in me is all hope of life and of virtue. Come over to me, all ye that desire me, and be filled with my fruits. For my spirit is sweet above honey, and my inheritance above honey and the honeycomb. My memory is unto everlasting generations.” (Ecclesiasticus 24:24–28)

To thee do we cry, poor banished children of Eve.

“And Adam called the name of his wife Eve: because she was the mother of all the living... And the Lord God sent him out of the paradise of pleasure, to till the earth from which he was taken. And he cast out Adam; and placed before the paradise of pleasure Cherubims,

⁶ Mother Mary has many titles all over the world, but most importantly, she is the Mother of the Saviour of the world.

⁷ “Jesus saith to him: I am the way, and the truth, and the life. No man cometh to the Father, but by me.” (John 14:6)

and a flaming sword, turning every way, to keep the way of the tree of life.” (Genesis 3:20, 23–24)

To thee do we send up our sighs, mourning and weeping in this vale of tears.

“Blessed is the man whose help is from thee: in his heart he hath disposed to ascend by steps, in the vale of tears, in the place which he hath set.” (Douay-Rheims Psalms 83:6–7, others 84:5–6)

Turn then, most gracious Advocate, thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus.

“And Jesus also was invited, and his disciples, to the marriage. And the wine failing, the mother of Jesus saith to him: They have no wine. And Jesus saith to her: Woman, what is that to me and to thee? my hour is not yet come. His mother saith to the waiters: Whatsoever he shall say to you, do ye.” (John 2:2–5)

“For it is she that teacheth the knowledge of God, and is the chooser of his works.” (Wisdom 8:4)

O clement, O loving, O sweet Virgin Mary.

“She reacheth therefore from end to end mightily, and ordereth all things sweetly.”
(Wisdom 8:1)

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

“All these were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with his brethren.” (Acts 1:14)

“And I will make a covenant of peace with them, it shall be an everlasting covenant with them: and I will establish them, and will multiply them, and will set my sanctuary in the midst of them for ever. And my tabernacle shall be with them: and I will be their God, and they shall be my people. And the nations shall know that I am the Lord the sanctifier of Israel, when my sanctuary shall be in the midst of them for ever.” (Ezechiel 37:26–28)

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 clemency hear and answer me. Amen.

St Michael the Archangel Prayer

St Michael the Archangel, defend us in battle, be our protection 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, thrust into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.

Fatima Prayer

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



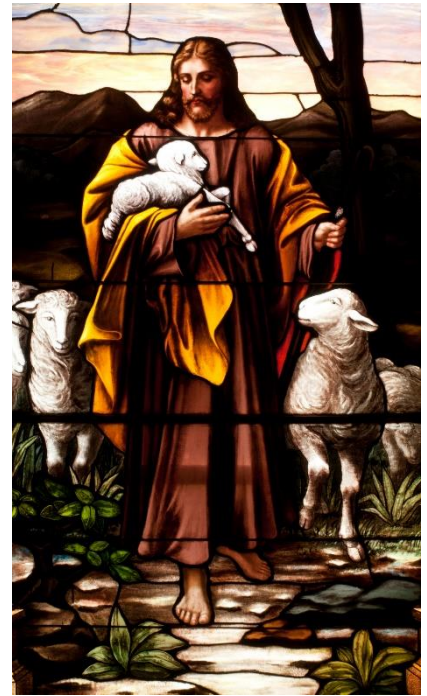
St Michael the Archangel

Armour of God – Ephesians 6:10–20

Lord God, I pray for your strength and mighty power, to be clothed with the armour of God so that I may be able to stand against the deceits of the devil – for our wrestling is not against flesh and blood, but against principalities and powers; against the rulers of the world of this darkness; against the spirits of wickedness in high places. I take unto myself the armour of God so that I may be able to resist evil today and stand in all things perfect. Gird my loins with the truth and arm me with the breastplate of justice. Shod my feet with the preparation of the Gospel of peace. In all things, give me the shield of faith to extinguish the fiery darts of the evil one. I take unto myself the helmet of salvation and the sword of the Spirit, which is the Word of God; at all times praying and supplicating in the Spirit, watching and offering petitions for all the saints. Give me speech so that I may open my mouth with confidence to make known the mystery of the Gospel, for which I am an ambassador in a chain, so that I may boldly speak as I ought to. Amen.

The Lord Rules Over Me – Psalm 23⁸

The Lord rules over me and there is nothing I shall want. He has set me in a place of pasture. He has brought me up on the water of refreshment. He has converted my soul. He has led me on the paths of justice for his own name's sake. Even though I should walk in the midst of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff have comforted me. You have prepared a table before me in the face of those who afflict me. You have anointed my head with oil, and my chalice, which inebriates me with your splendour. And your mercy will follow me all the days of my life so that I may dwell in the house of the Lord for the length of days. Amen.



The Good Shepherd

⁸ Douay-Rheims Psalm 22

Prayer of Protection – Psalm 91⁹

I dwell with the help of the Most High. I abide under the protection of the God of heaven. You are my protector and my refuge. My Lord, my God, I trust in you, for you have delivered me from the snare of the hunters and from piercing words. Overshadow me with your shoulders, and under your wings I place my trust. Let your truth compass me with a shield. I am not afraid of the terror of the night, of the arrow that flies in the day, of the business that haunts in the dark, of invasion or of the noonday devil – even if a thousand shall fall at my side and ten thousand at my right hand – it will not come near me. But even so, you will consider with your eyes and see the retribution of the wicked, because you, O Lord, are my hope. I have made the Most High my refuge. No evil will come to me, nor will the scourge come near my dwelling, for you have given your angels charge over me to keep me in all your ways. In their hands they will bear me up, lest I dash my foot against a stone. I will walk upon the viper and the basilisk¹⁰, and will trample underfoot the lion and the

⁹ Douay-Rheims Psalm 90

¹⁰ A basilisk is a legendary venomous snake-like dragon or reptile with a lethal stare or breath. Here it refers to an evil spirit, in the same way that the dragon refers to Satan.

dragon. Because I hoped in you, you will deliver me. You will protect me because I have known your name. I will cry to you and you will hear me. You are with me in tribulation. You will deliver me and you will exalt me. You will fill me with length of days and you will show me your salvation. Amen.

My Guardian Angel Prayer¹¹

My guardian angel, entrusted to me at my birth, accompany me, protect me, be my shield at every instant of my life. Be with me and pray for me in times of temptation. In every Mass, take my petitions to our Lord Jesus Christ. Be my guidance with Mother Mary. Amen.

Supplementary reading

- [Traditional Catholic Prayers](#) (Resources)
- [Supplementary Prayer Resources](#) (Prayers)

¹¹ Blessed Mother Mary gave Fernanda this prayer on 23/10/2015.

The Apostles Creed



I believe in God, the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord.

"For God so loved the world, as to give his only begotten Son; that whosoever believeth in him, may not perish, but may have life everlasting." (John 3:16)



He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

"But while he thought on these things, behold the angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for that which is conceived in her, is of the Holy Ghost." (Matthew 1:20)



He suffered under Pontius Pilate,

"But they again cried out: Crucify him. And Pilate saith to them: Why, what evil hath he done? But they cried out the more: Crucify him. And so Pilate being willing to satisfy the people, released to them Barabbas, and delivered up Jesus, when he had scourged him, to be crucified." (Mark 15:13-15)



was crucified, died, and was buried.

"This man went to Pilate, and begged the body of Jesus. And taking him down, he wrapped him in fine linen, and laid him in a sepulchre that was hewed in stone, wherein never yet any man had been laid. And it was the day of the Parasceve, and the sabbath drew on." (Luke 23:52-54)



He descended to the dead. On the third day he rose again.

"Now that he ascended, what is it, but because he also descended first into the lower parts of the earth? He that descended is the same also that ascended above all the heavens, that he might fill all things." (Ephesians 4:9-10)



He ascended into heaven and is seated at the right hand of the Father.

"And the Lord Jesus, after he had spoken to them, was taken up into heaven, and sitteth on the right hand of God. But they going forth preached everywhere: the Lord working withal, and confirming the word with signs that followed." (Mark 16:19-20)



He will come again to judge the living and the dead.

"I charge thee, before God and Jesus Christ, who shall judge the living and the dead, by his coming, and his kingdom: Preach the word: be instant in season, out of season: reprove, entreat, rebuke in all patience and doctrine." (2 Timothy 4:1-2)



I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints,

"But the Paraclete, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring all things to your mind, whatsoever I shall have said to you." (John 14:26)



the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

"When he had said this, he breathed on them; and he said to them: Receive ye the Holy Spirit. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained." (John 20:22-23)

The Our Father Prayer



Our Father who art in heaven,

"That you may be the children of your Father who is in heaven, who maketh his sun to rise upon the good and bad, and raineth upon the just and the unjust." (Matthew 5:45)



hallowed be thy name.

"There is one most high Creator Almighty, and a powerful king, and greatly to be feared, who sitteth upon his throne, and is the God of dominion." (Ecclesiasticus 1:8)



Thy kingdom come.

"When he shall come to be glorified in his saints, and to be made wonderful in all them who have believed; because our testimony was believed upon you in that day." (2 Thessalonians 1:10)



Thy will be done on earth, as it is in heaven.

"Not every one that saith to me, Lord, Lord, shall enter into to kingdom of heaven: but he that doth the will of my Father who is in heaven, he shall enter into the kingdom of heaven." (Matthew 7:21)



Give us this day our daily bread,

"Give us this day our supersubstantial bread." (Matthew 6:11). "I am the living bread which came down from heaven. If any man eat of this bread, he shall live for ever; and the bread that I will give, is my flesh, for the life of the world." (John 6:51–52)



and forgive us our trespasses

"Let the wicked forsake his way, and the unjust man his thoughts, and let him return to the Lord, and he will have mercy on him, and to our God: for he is bountiful to forgive." (Isaiah 55:7)



as we forgive those who trespass against us,

"For if you will forgive men their offences, your heavenly Father will forgive you also your offences. But if you will not forgive men, neither will your Father forgive you your offences." (Matthew 6:14–15)



and lead us not into temptation,

"Blessed is the man that endureth temptation; for when he hath been proved, he shall receive a crown of life, which God hath promised to them that love him." (James 1:12)



but deliver us from evil. Amen.

"And going, preach, saying: The kingdom of heaven is at hand. Heal the sick, raise the dead, cleanse the lepers, cast out devils: freely have you received, freely give." (Matthew 10:7–8)

The Hail Mary Prayer



Hail Mary, full of grace,
the Lord is with thee.

"And the angel being come in, said unto her:
Hail, full of grace, the Lord is with thee: blessed
art thou among women."
(Luke 1:28)



Blessed art thou among
women, and blessed is the
fruit of thy womb, Jesus.

"And it came to pass, that when Elizabeth heard the
salutation of Mary, the infant leaped in her womb.
And Elizabeth was filled with the Holy Spirit: And she
cried out with a loud voice, and said: Blessed art thou
among women, and blessed is the fruit of thy womb."
(Luke 1:41-42)



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

"Now therefore pray for us, for thou art a holy
woman, and one fearing God."
(Judith 8:29)

"And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded
the humility of his handmaid; for behold from henceforth all generations shall call me blessed."
(Luke 1:46-48)

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Hail Mary full of grace, the Lord is with thee.

“And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.” (Luke 1:28)

“I am the mother of fair love, and of fear, and of knowledge, and of holy hope. In me is all grace of the way and of the truth, in me is all hope of life and of virtue. Come over to me, all ye that desire me, and be filled with my fruits. For my spirit is sweet above honey, and my inheritance above honey and the honeycomb. My memory is unto everlasting generations.” (Ecclesiasticus 24:24–28)



Mother Mary prays for us to her Son Jesus, and then Jesus intercedes to the Father (Romans 8:34). Mother Mary is the only person in the Bible, with the exception of Jesus Christ to be called “full of grace” prior to being baptized, and remained so, sin-free throughout her life, making her the most sanctified in heaven: *“And the Word was made flesh, and dwelt amongst us, (and we saw his glory, the glory as it were of the only begotten of the Father,) full of grace and truth” (John 1:14). “Arise, O Lord, into thy resting place: thou and the ark, which thou hast sanctified.” (Douay-Rheims Psalms 131:8).*

In Mother Mary is all the grace of the way and of the truth: *“Jesus saith to him: I am the way, and the truth, and the life. No man cometh to the Father, but by me.” (John 14:6)*

Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

“And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb. And Elizabeth was filled with the Holy Ghost: And she cried out with a loud voice, and said: Blessed art thou among women, and blessed is the fruit of thy womb.” (Luke 1:41-42)

“And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed.” (Luke 1:46-48)

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

“Now therefore pray for us, for thou art a holy woman, and one fearing God.” (Judith 8:29)

The precursor to the Virgin Mary, the chaste Judith, was also implored to pray for Israel and, as a result, through the power of God, she single-handedly saved Israel in their hour of most need – as Mother Mary will do for all of humanity in time to come.



The Armour of God Prayer

(Extracted from Ephesians 6:10–20)



Lord God, I humbly pray for your strength and mighty power, your full armour, so that I may be able to stand against the deceits of the devil;



for our wrestling is not against flesh and blood, but against principalities and powers, against the rulers of the world of this darkness, against the spirits of wickedness in high places.



I take unto myself the armour of God so that I may be able to resist evil today and stand in all things perfect.



Gird my loins with the truth and arm me with the breastplate of justice.



Shod my feet with the preparation of the Gospel of peace.



In all things, give me the shield of faith to extinguish the fiery darts of the evil one.



I take unto myself the helmet of salvation and the Sword of the Spirit, which is the Word of God;



at all times praying and supplicating in the Spirit, watching and offering petitions for all the saints.



Give me speech so that I may open my mouth with confidence to make known the mystery of the Gospel, for which I am an ambassador in a chain, so that I may boldly speak as I ought to. Amen.

Psalm 23 Prayer: The Lord Rules Over Me

(extracted from Douay-Rheims Psalm 22)



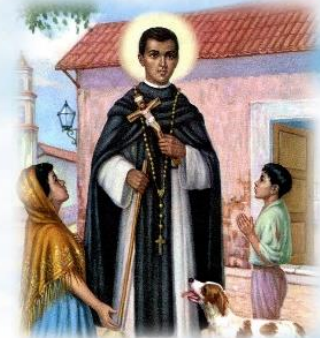
The Lord rules over me and there is nothing I shall want.



He has set me in a place of pasture. He has brought me up.



On the water of refreshment, he has converted my soul.



He has led me on the paths of justice for his own name's sake.



Even though I should walk in the midst of the shadow of death, I will fear no evil, for you are with me.



Your rod and your staff have comforted me. You have prepared a table before me, in face of those who afflict me.



You have anointed my head with oil, and my chalice, which inebriates me with your goodness.



And your mercy will follow me all the days of my life, so that I may dwell in the house of the Lord for the length of days. Amen.