



Behold, he cometh with the clouds,
and every eye shall see him, and they
also that pierced him. And all the tribes of
the earth shall bewail themselves because of him.
Even so. Amen.
I am Alpha and Omega, the beginning and the end,
saith the Lord God, who is, and who was,
and who is to come, the Almighty.

Revelation 1:7–8

Traditional Catholic Prayers

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Charles Pritchard

Our traditional Catholic prayers are deeply rooted in Scriptures and by praying these prayers daily for various petitions, so too will our understanding of God's Word strengthen in us. The most common traditional prayers are listed here, including some Scriptural meditations of the words. For printable Scriptural posters of some of these prayers, [click here](#).

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.

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 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.

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.

Guardian Angel Prayer

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

Selected Scriptural Meditations

The Apostles Creed, Our Father, Hail Mary, Glory Be and Hail Holy Queen prayers are expanded upon below with some Scriptural verses¹.

The Apostles Creed

The Apostles Creed has been passed down through the generations in the Catholic Church.

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

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

and 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)

"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 power of his glory, in all patience and long-suffering with joy, giving thanks to God the Father, who hath made us

¹ The Douay-Rheims Bible, used here, is the most accurate English translation of the fourth-century Latin Vulgate. The Latin Vulgate, commissioned by St Pope Damasus and primarily attributed to St Jerome, is a direct translation of the most reliable manuscripts at the time (which have since disintegrated) and has been in use for more than 1,600 years by the Catholic Church. In 1546, at the Council of Trent, it was the only Bible to ever be decreed as authentic by the Catholic Church. The Catholic Church has used the Douay-Rheims Bible for more than 300 years and it is recommended for anyone seeking to understand the Word of God. To understand why the Douay-Rheims Bible is the most reliable English translation of the original Word of God, where other Bibles have been changed, and why the confusion, see "[Where Most Bibles in Circulation Today Have Been Changed to Suit Man Not God](http://www.alpha-omega.org.za)" in "Resources" on www.alpha-omega.org.za.

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 creation²: 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,

“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 Ghost. Whereupon Joseph her husband, being a just man, and not willing publicly to expose her, was minded to put her away privately. 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 1:18–20)

“To a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary.” (Luke 1:27)

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

“Then he released to them Barabbas, and having scourged Jesus, delivered him unto them to be crucified.” (Matthew 27:26)

“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)

“And Jesus crying out with a loud voice, said: Father, into thy hands I commend my spirit. And saying this, he gave up the spirit³.” (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. And it was the day of the Parasceve, and the sabbath drew on.” (Luke 23:52–54)

He descended to the dead.

² 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”.

³ Meaning he “expired” or “died”, originating from the Latin word “expiravit”.

"In which also coming he preached to those spirits that were in prison⁴: 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)

"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. But they going forth preached everywhere: the Lord working withal, and confirming the word with signs that followed." (Mark 16:19–20)

"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 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)

"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)

"It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins." (2 Maccabees 12:46)

"A gift hath grace in the sight of all the living, and restrain not grace from the dead." (Ecclesiasticus 7:37)

"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)

⁴ These spirits in prison are the souls in purgatory awaiting to be released into heaven, as referred to in Matthew 5:25, too: "... and thou be cast into prison. Amen I say to thee, thou shalt not go out from thence till thou repay the last farthing."

"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)

"For thy mercy is great towards me: and thou hast delivered my soul out of the lower hell." (Psalms 85:13)

"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,

"And there are three who give testimony in heaven, the Father, the Word, and the Holy Ghost. And these three are one." (John 5:7)

"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)

"But you shall receive the power of the Holy Ghost coming upon you, and you shall be witnesses unto me in Jerusalem, and in all Judea, and Samaria, and even to the uttermost part of the earth." (Acts of Apostles 1:8)

"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)

"The heavens shall confess thy wonders, O Lord: and thy truth in the church of the saints." (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 learned⁵, whether by word, or by our epistle.” (2 Thessalonians 2:14)

“But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth.” (1 Timothy 3:15)

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 saints in heaven are praying for us:

“And when he had opened the book, the four living creatures, and the four and twenty ancients⁶ fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints.” (Revelation 5:8)

For example, Machabeus had a vision of the deceased saints, Onias and Jeremias, praying for the Jews who were in battle:

“Now the vision was in this manner: Onias who had been high priest, a good and virtuous man, modest in his looks, gentle in his manners, and graceful in his speech, and who from a child was exercised in virtues, holding up his hands, prayed for all the people of the Jews: After this there appeared also another man, admirable for age, and glory, and environed with great beauty and majesty: Then Onias answering, said: This is a lover of his brethren, and of the people of Israel: this is he that prayeth much for the people, and for all the holy city, Jeremias the prophet of God.” (2 Maccabees 15:12–14)

Also, there are many Biblical references of heavenly angels helping people throughout the ages. In particular, St Michael, St Raphael and St Gabriel the archangels are mentioned by name⁷.

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)

⁵ The Catholic Church came before the Apostles started writing the sacred texts, so the traditions and truths learned from Christ, carried through from the first Apostles, by the workings of the Holy Spirit, form part of divine revelation too.

⁶ These are amongst the powerful saints in heaven, seated at the Banquet of the Saints.

⁷ See the stories of Archangel Raphael helping Tobias and Sara (Tobit 12); Archangel Gabriel explaining Daniel’s vision (Daniel 8), prophesying the coming of Christ (Daniel 9), appearing to Zachary and the Virgin Mary (Luke 1); and the great prince, Archangel Michael at the forefront of the battle against evil (Daniel 10:21, Daniel 12:1, Jude 1:9, Revelation 12:7).

“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,

“And concerning the resurrection of the dead, have you not read that which was spoken by God, saying to you: I am the God of Abraham, and the God of Isaac, and the God of Jacob? He is not the God of the dead, but of the living.” (Matthew 22:31–32)

“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)

The Our Father Prayer

In the words of Jesus Christ:

“Thus therefore shall you pray: 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 supersubstantial bread. And forgive us our debts, as we also forgive our debtors. And lead us not into temptation. But deliver us from evil. Amen.” (Matthew 6:9–15)

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.

We are calling Jesus Christ and his heavenly kingdom of saints to come:

“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)

“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)

For God’s kingdom to come, we need to fervently pray with the saints for this world, for the sinners and nonbelievers to repent, and come to Jesus before it is too late.

We are also invoking God’s kingdom to come and help us in spiritual warfare, led by Blessed Mother Mary, the Queen of Heaven, the canonized saints, the forgotten saints, and all the angels with St Michael, St Gabriel and St Raphael at the forefront of the battle for souls.

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,

We are asking God to *“Give us this day our supersubstantial bread”* (Matthew 6:11), the Holy Eucharist, which our Father makes available to many around the world in daily Holy Masses around the world, yet very few people today make an effort to receive Jesus worthily in daily Mass.

“Labour not for the meat which perisheth, but for that which endureth unto life everlasting, which the Son of man will give you. For him hath God, the Father, sealed.” (John 6:27)

“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)

“Then Jesus said to them: Amen, amen I say unto you: Except you eat the flesh of the Son of man, and drink his blood, you shall not have life in you. He that eateth my flesh, and drinketh my blood, hath everlasting life: and I will raise him up in the last day. For my flesh is meat indeed: and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, abideth in me, and I in him. As the living Father hath sent me, and I live by the Father; so he that eateth me, the same also shall live by me. 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 6:54–59)

“For as often as you shall eat this bread, and drink the chalice, you shall shew the death of the Lord, until he come. Therefore whosoever shall eat this bread, or drink the chalice of the Lord unworthily⁸, shall be guilty of the body and of the blood of the Lord. But let a man prove himself: and so let him eat of that bread, and drink of the chalice. For he that eateth and drinketh unworthily, eateth and drinketh judgment to himself, not discerning the body of the Lord.” (1 Corinthians 11:26–29)

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

We are actually asking our Father to not forgive us if we don’t forgive others, so letting go of anger, bitterness or resentment towards others and praying for our enemies, as Jesus did on the cross, must be the highest priority in our lives if we are to find peace of Christ in our hearts and enter his heavenly kingdom.

⁸ By justifying certain sins and not making an effort to be in a state of grace through the Sacrament of Penance is very hurtful to the Sacred Heart of Jesus.

“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)

As Jesus instructed his Apostles, his first bishops and priests, in John 20:23, *“Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained,”* so he continues the same call today in his Catholic Church.

“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)

“He that hideth his sins, shall not prosper: but he that shall confess, and forsake them, shall obtain mercy.” (Proverbs 28:13).

“And the priest shall pray for him and for his sin before the Lord, and he shall have mercy on him, and the sin shall be forgiven.” (Leviticus 19:22, cf James 5:14–16)

By doing penance through the Sacrament of Penance (Reconciliation or Confession), we bring alleviation to the Sacred Heart of Jesus which is profusely pierced as a result of our sins (Hebrews 6:6), our sins are remitted and we are truly set free to become the saints we were created to be:

“And he said to them: Thus it is written, and thus it behoved Christ to suffer, and to rise again from the dead, the third day: And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem.” (Luke 24:46–47)

“But all things are of God, who hath reconciled us to himself by Christ; and hath given to us the ministry of reconciliation.” (2 Corinthians 5:18)

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)

“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 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)

The Hail Mary Prayer

The Hail Mary prayer has been part of the Catholic Church for many hundreds of years, the power of which has been confirmed by Christ through his saints, messengers, and countless miracles. Mother Mary prays for us to her Son Jesus, and then Jesus intercedes to the Father (Romans 8:34, John 14:6).

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

“And the angel being coming in, said unto her: Hail, full of grace⁹, 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 hope¹⁰. In me is all grace of the way and of the truth¹¹, 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)

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 womb¹². 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)

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

Mother Mary, created by God the Father, is the Mother of God the Son, the Saviour of the world, Jesus Christ.

“To whom hath the root of wisdom been revealed, and who hath known her wise counsels? To whom hath the discipline of wisdom been revealed and made manifest? And who hath understood the multiplicity of her steps? 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. He created her in the Holy Ghost, and saw her, and numbered her, and measured her. And he poured her out upon all his works, and upon all flesh according to his gift, and hath given her to them that love him¹³.” (Ecclesiasticus 1:6–10)

⁹ Mother Mary is the only person in the Bible, with the exception of Christ (in John 1:14) 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.

¹⁰ Mother Mary has many titles all over the world but most importantly, she is the Mother of the Saviour of the world.

¹¹ In Mother Mary is all the grace of Jesus Christ: “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)

¹² This verse is proof that a foetus is alive in a womb, with emotions and awareness of what is going on.

¹³ Mother Mary has been gifted to us by the Father. We cannot love Jesus Christ, the Son of God, and not love his Blessed Mother. It goes against God’s commandment of honouring our father and mother.

The precursor to the Virgin Mary, the chaste Judith¹⁴, 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.

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

The Glory Be Prayer **Glory be to the Father,**

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

“There is one most high Creator Almighty, and a powerful king, and greatly to be feared, who sits 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)

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort.” (2 Corinthians 1:3)

and to the Son,

“Tell ye, and come, and consult together: who hath declared this from the beginning, who hath foretold this from that time? Have not I the Lord, and there is no God else besides me? A just God and a Saviour, there is none besides me. Be converted to me, and you shall be saved, all ye ends of the earth: for I am God, and there is no other.” (Isaiah 45:21-22)

“In the beginning was the Word, and the Word was with God, and the Word was God.” (John 1:1)

“And the Word was made flesh, and dwelt among 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)

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

and to the Holy Spirit,

“And the Lord God formed man of the slime of the earth: and breathed into his face the breath of life, and man became a living soul.” (Genesis 2:7)

“But when the Paraclete cometh, whom I will send you from the Father, the Spirit of truth, who proceeds from the Father, he shall give testimony of me.” (John 15:26)

“Or know you not, that your members are the temple of the Holy Spirit, who is in you, whom you have from God; and 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)

as it was in the beginning is now, and ever shall be, world without end. Amen.

¹⁴ Compare Luke 1:28 with Judith 13:23.

“And there are three who give testimony in heaven, the Father, the Word, and the Holy Spirit. And these three are one.” (1 John 5:7)

“The Lord shall reign to eternity, yea, for ever and ever: ye Gentiles shall perish from his land.” (Douay-Rheims Psalms 9:37, others 10:16)

“The Lord said to my Lord: Sit thou at my right hand: Until I make thy enemies thy footstool.” (Douay-Rheims Psalms 109:1, others 110:1)

“It is decreed by me, that in all my empire and my kingdom all men dread and fear the God of Daniel. For he is the living and eternal God for ever: and his kingdom shall not be destroyed, and his power shall be for ever.” (Daniel 6:26)

The Hail, Holy Queen Prayer

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 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)

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, 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 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)

and after this our exile, show unto us the blessed fruit of thy womb, Jesus.

“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)

“She hath opened her mouth to wisdom, and the law of clemency is on her tongue.” (Proverbs 31:26)

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.” (Ezekiel 37:26–28)