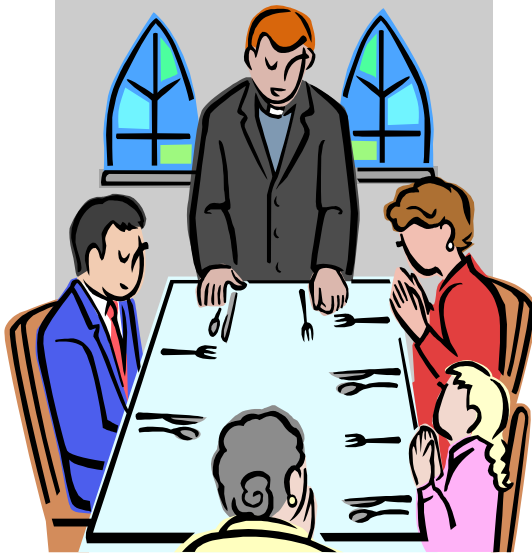


# Blessings and Prayers



Churches of the  
Resurrection and St. Michael  
Faith Formation Program

Dear parents and children,

We can pray in many ways—by using words or just by quiet reflection. We can pray in many ways and at anytime. Some prayers have been passed down to us and are prayed with the same words each time—like the *Lord's Prayer* and the *Hail Mary*.

Sometimes you can make up your own prayers. You may pray to Jesus in your own words for what you need, to give thanks, to pray for others or to tell Jesus how much you love him.

Some prayers are very important to us and you will want to be able to say them without using a book. You may know some already, if not you can begin learning. One way to memorize prayers is to say them often.

As you learn a prayer you should think about the words and what they mean. After you learn a prayer by heart, always try to say it *from* your heart.

This book is intended to help the children of our faith communities learn the Catholic prayers, blessings and practices that have been passed down to us. May God bless you as you use this book of prayers.

Your St. Michael and Resurrection Parish Families

### **Sign of the Cross**

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

### **Glory Be to the Father Prayer**

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.

### **Lord's Prayer**

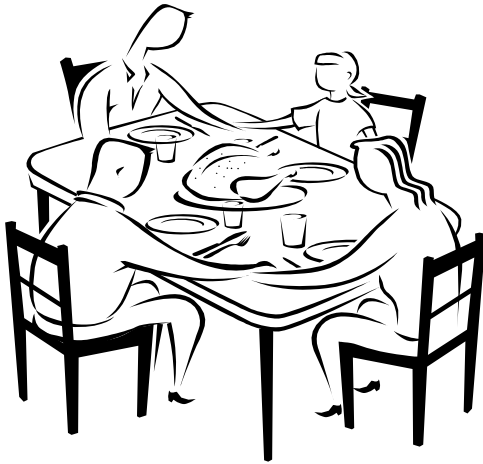
Our Father, who art in heaven,  
hallowed be thy name;  
Thy kingdom come;  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen

### **Hail Mary**

Hail Mary, full of grace,  
the Lord is with 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

### **Grace Before Meals**

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



### **Grace After Meals**

We give you thanks for all your gifts,  
Almighty God,  
living and reigning now and forever. Amen

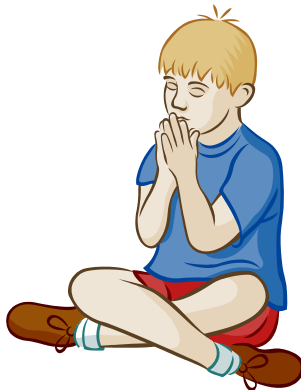
We give thanks for all your benefits,  
almighty God, who lives and reigns forever.  
May the souls of the faithful departed,  
through the mercy of God, rest in peace. Amen.

## **Act of Contrition**

My God,  
I am sorry for all my sins.  
In choosing to do wrong  
And failing to do good,  
I have sinned against you  
And your Church.  
I firmly intend,  
And with the help of your Son,  
To make up for my sins  
And to love as I should. Amen

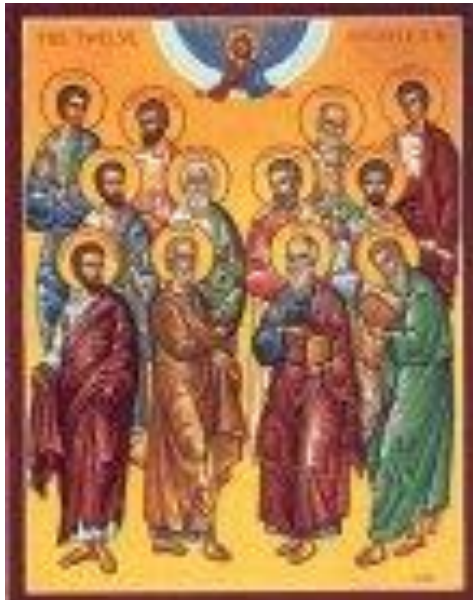
## **Confiteor**

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have sinned through my own fault  
in my thoughts and in my words,  
in what I have done,  
and in what I have failed to do;  
and I ask blessed Mary, ever virgin,  
all the angels and saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.



## The Apostles' Creed

I believe in God, the Father Almighty,  
creator of heaven and earth;  
and in Jesus Christ, His only Son, our Lord;  
who was conceived by the Holy 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 arose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
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 life everlasting. Amen



## Magnificat

My soul proclaims the  
greatness of the Lord,  
and my soul rejoices in God, my Savior,  
for he has looked with favor  
on his lowly servant,  
and from this day  
all generations will call me blessed.

The Almighty has done  
great things for me,  
and holy is his Name.

He has mercy on those  
who fear him in every generation.  
He has shown the strength of his arm;  
he has scattered the proud  
in their conceit.

He cast down the mighty  
from their thrones,  
and has lifted up the lowly.

He has filled the hungry  
with good things and  
has sent the rich away empty.

He has come to the help  
of his servant Israel,  
for he has remembered  
his promise of mercy  
the promise he made to our fathers,  
to Abraham and to his children forever.





### **Hail, Holy Queen**

Hail, holy Queen, mother of mercy,  
our life, our sweetness and our hope.  
To you we cry, the children of Eve;  
to you we send up our sighs,  
mourning and weeping  
in this land of exile.

Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
lead us home at last  
and show us the blessed fruit  
of your womb, Jesus:

O clement, O loving, O sweet Virgin Mary.

### **Memorare**

Remember, most loving Virgin Mary,  
never was it heard that anyone who turned to you  
for help was left unaided.

Inspired by this confidence, though burdened by my sins,  
I run to your protection, for you are my Mother.

Mother of the Word of God,  
do not despise my words of pleading,  
but be merciful and hear my prayer. Amen

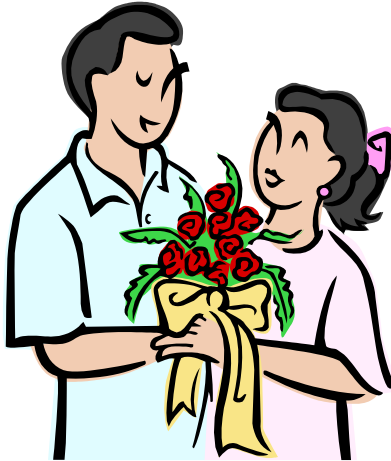
## **Wedding Anniversary**

May God, the eternal Father, keep us in love with each other,  
so that the peace of Christ may stay with us and always  
be in our home. Amen

May we find (blessing with our children)  
consolation in our friends,  
and peace in all people. Amen

May we always witness to the love of God in this world  
so that the afflicted and the poor will find us generous friends  
and welcome us into the joys of heaven. Amen.

And may almighty God bless us, Father, Son and Holy Spirit. Amen



## **Sharing/Tithing/Stewardship**

Father, yours is the earth and all the earth contains.

All that we have we have as gifts for this little while.

Help us now to share wisely the time and wealth you give us,  
always thanking you and rejoicing in the fullness of creation.

We ask this in the name of Jesus the Lord. Amen.



### **Prayer of St. Francis**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O Master, grant that I may  
not so much seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love;  
for it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life. Amen

### **Prayer of St. Patrick**

Christ be with me, Christ be within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend or stranger.





### **Bedtime Prayers**

Visit this house, we beg you, Lord.  
May your holy angels dwell here  
to keep us in peace,  
and may your blessing be always upon us.

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.

Now I lay me down to sleep,  
I pray the Lord my soul to keep.  
Your love go with me  
Through the night  
And wake me with the morning light.  
Dear Father in Heaven look down from above  
Bless mommy and daddy and all those I love.

May the Lord bless us and keep us.  
May the face of the Lord shine on us and be kind to us.  
May the Lord turn toward us and give us peace.

## **We Pray for Those Who Have Died**

Eternal rest grant unto them, O Lord.  
And let perpetual light shine upon them.

May they rest in peace. Amen

May their souls and the souls of the all the faithful  
departed, through the mercy of God, rest in peace. Amen

## **Psalm 23**

The Lord is my shepherd,

I need nothing more.

You give me rest in green meadows,

setting me near calm waters,

where you revive my spirit.

You guide me along sure paths,

you are true to your name.

Though I should walk in death's dark valley,

I fear no evil with you by my side,

your shepherd's staff to comfort me.

You spread a table before me

as my foes look on.

You soothe my head with oil;

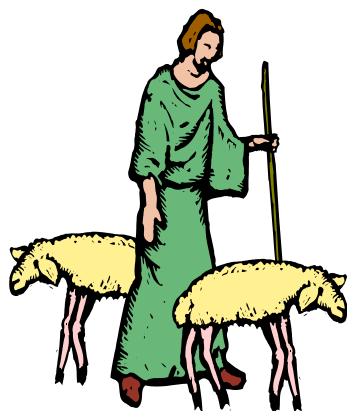
my cup is more than full.

Goodness and love will tend me

every day of my live.

I will dwell in the house of the Lord

as long as I shall live.



## **Blessing**

May God bless us,  
protect us from evil and bring us to everlasting life.

## Birthdays

Almighty and everlasting God, maker of creation,  
listen to our prayer:  
may this servant who is celebrating (his,her) birthday  
know many years, all of them pleasing to you.  
We ask this in Jesus' name. Amen  
(Galasian Sacramentary)

May God, in whose presence our ancestors walked,  
bless you.  
May God, who has been your shepherd from birth until now,  
keep you.  
May God, who has saved us from all harm,  
give you peace.  
(Based on Genesis 48:15-16)



## LITURGICAL YEAR

**Advent** Bluish Purple (Hope)  
4 Weeks Prior to Christmas

**Christmas** White  
From December 25 through the Feast of  
the Baptism of Jesus

**Ordinary Time** Green (Ordered Time)  
Monday after Baptism of Jesus to Ash Wednesday

**Lent** Redish Purple (Conversion)  
40 days of preparation for Easter

**Triduum** White/Red/White  
Holy Thursday, Good Friday, Holy Saturday

**Easter** White  
Fifty days from Holy Saturday through Pentecost

**Ordinary Time** Green (Ordered Time)  
Monday after Pentecost to First Sunday of Advent

## THE ROSARY

### Joyful Mysteries

- The Annunciation
- The Visitation
- The Birth of Our Lord
- The Presentation of Jesus in the Temple
- The Finding of Jesus in the Temple



### Sorrowful Mysteries

- The Agony of Jesus in the Garden
- The Scourging at the Pillar
- The Crowning of Thorns
- The Carrying of the Cross
- The Crucifixion

### Glorious Mysteries

- The Resurrection of Jesus
- The Ascension of Jesus into Heaven
- The Descent of the Holy Spirit on the Apostles (Pentecost)
- The Assumption of Mary into Heaven
- The Crowning of Mary as Queen of Heaven

### Mysteries of Light

- The Baptism of Jesus
- Jesus Reveals Himself in the Miracle at Cana
- Jesus Proclaims the Good News of the Kingdom of God
- The Transfiguration of Jesus
- The Institution of the Eucharist

## A Place for Prayer

You can pray anywhere.

You can pray while riding a bus, washing your face, while sitting in the library.

Every place is a holy place.



But sometimes it is good to prepare a special place for prayer. There, you can put reminders that, as a Christian, you never pray alone. You pray through Christ, with Christ, in Christ—in the company of all the angels and saints.

If you do not already have a prayer corner at home, give it some thought. It doesn't need to be big. Part of a desk, a shelf, a small table or the top of a bedroom dresser is fine. There should be a space for a picture or a cross or a statue.

You may want to add a bowl of water to sign yourself each morning to remember your baptism. Keep a prayer book and a Bible nearby. As the seasons change and special days come, you can put your Advent calendar there, your nativity scene, bare branches, blessed palms, Easter lily, a Pentecost dove and other reminders of your faith.

This will be a place to pray—to talk to God, to Mary and to all the saints. It will be your own or your family's place to give praise and thanksgiving, to ask for forgiveness, and to ask for help. Use it at ordinary time, special times, private times. And use it regularly. Prayer is a habit, a good habit that should last a lifetime.