

Evening Prayers

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.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.
AMEN.

Angel of God, my guardian dear,
To Whom God's Love commits me here,
Ever this day, be at my side,
To light and rule, to guard and guide.
AMEN.

O heavenly patron, St. _____,
whose name I rejoice to bear, pray for
me always before the throne of God;
strengthen me in my faith; confirm me
in virtue; defend me in the fight, that
being conqueror over the evil one I may
deserve to obtain everlasting glory.
AMEN.

Teachable Moments:

Jesus' call to conversion and penance, like that of the prophets before Him, aims first at the conversion of the heart. Conversion of the heart urges expression in our actions. True repentance, the turning away from sin and turning toward God, requires the resolution to change one's life, with hope in God's mercy.

We are created beings and therefore subject to sickness, suffering and death. God's grace gives us spiritual shelter from suffering and pierces the darkness with His Light, Jesus Christ.

We believe in the "Communion of Saints" and that just as we can ask our family and friends to pray for us, so also can we ask our patron saint to pray for us. *Who is your patron saint? If you don't have one, research and choose one you wish to pray to.*



Morning Prayers

O Jesus,
through the Immaculate Heart of Mary,
I offer You my prayers, works,
joys and sufferings of this day for all the
intentions of Your Sacred Heart,
in union with the Holy Sacrifice of the Mass
throughout the world,
in reparation for my sins,
for the intentions of all my relatives and
friends, and in particular
for the intentions of the Holy Father.
AMEN.

Grant O Lord,
that none may love thee less this day
because of me.
That never word or act of mine may
turn one soul from thee.
And ever-daring, yet one other grace
would I implore, that many souls this day,
because of me, may love thee more.
AMEN.

God be in my head,
and in my understanding,
God be in my eyes and in my looking,
God be in my mouth and in my speaking,
God be in my heart and in my thinking.
AMEN.

Teachable Moments:

This prayer starts the day by giving to God everything you may encounter. It reminds us to put God first, giving God all of our mind, heart and strength throughout the day. This is the spirit of the first 3 Commandments.

This prayer reminds us to always be mindful of our actions and words. Our faith teaches us to see Christ in all people and to treat them as we would wish to be treated. This is the spirit of the last 7 Commandments.

Make up gestures to use with your children as you pray this prayer, pointing to each body part as it is mentioned.

Other Catholic Prayers

Sign of the Cross

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

The 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.

The 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 death.
AMEN.

The 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.

Teachable Moments:

Just as we begin Mass with the Sign of the Cross, we begin all prayer with the Sign of the Cross.

"The Lord's Prayer "is truly the summary of the whole gospel." (Tertullian, De orat) When the disciples asked Jesus how they should pray, he answered with this prayer. (Mt. 6:5-14)

The first part of this prayer "magnifies" the Lord for the "great things" He did for our salvation through His humble servant, Mary. The second part entrusts the prayers of God's children to the Mother of Jesus, for she is also our Mother in Heaven. (Jn. 19:26-27)

"The Glory Be" is a prayer to the Holy Trinity, one of our greatest mysteries. Discuss some analogies for the Trinity, such as St. Patrick's analogy of the 3-leaf clover. *Discuss how no analogy can fully explain this Mystery.*

The Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. **I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.** For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. **I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.** I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. AMEN.

Teachable Moments:

A "creed" is a profession of faith. The Nicene Creed is our profession of faith that we say each Sunday at Mass. The creed contains statements common to our baptismal rite. At our baptism, our Godparents professed the creed on our behalf. At our Confirmation we confirm and profess our beliefs now as adult members of the Catholic Community.

As a family, pause after each statement of belief and discuss what this profession means to you, your family and the world.

Prayers of Thanksgiving

Prayer Before Meals

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

Prayer After Meals

We give you thanks, Almighty God, for these and all your gifts, which we have received from your bounty, through Christ our Lord.
AMEN.

Teachable Moments:

Jesus often shared meals with his disciples. It was in the breaking of the bread at Passover that Jesus revealed the Eucharist. And only after they had shared a meal with the resurrected Christ did the two disciples understand that Jesus Lives! (Lk 24:13-35)
Choose a bible passage to read and discuss as a family over dinner.