

# Catholic Family Prayers



→ Blue Arrows (on the chain) - Glory Be, Fatima Prayer, & Announce the Mystery

→ Red Arrows (Blue Beads) - Our Father

→ Clear Beads - Hail Mary

→ Yellow Arrow - (only at the end) Glory Be, Fatima Prayer, Hail, Holy Queen, O God, Whose... Sign of the Cross

Glory Be, Fatima Prayer, & Announce the Mystery

3 Hail Marys →

← Our Father

← Sign of the Cross & Apostle's Creed



## **The Ten Commandments**

- 1. I, the Lord, am your God, You shall not have other gods besides me.**
- 2. You shall not take the name of the Lord your God, in vain.**
- 3. Remember to keep holy the sabbath day.**
- 4. Honor your father and your mother.**
- 5. You shall not kill.**
- 6. You shall not commit adultery.**
- 7. You shall not steal.**
- 8. You shall not bear false witness against your neighbor.**
- 9. You shall not covet your neighbor's wife.**
- 10. You shall not covet anything that belongs to your neighbor.**

## **The Beatitudes**

- 1. Blest are the poor in spirit; the reign of God is theirs.**
- 2. Blest are the sorrowing; they shall be consoled.**
- 3. Blest are the lowly; they shall inherit the earth.**
- 4. Blest are they who hunger and thirst for holiness; they shall have their fill.**
- 5. Blest are they who show mercy; mercy shall be theirs.**
- 6. Blest are the single-hearted for they shall see God.**
- 7. Blest are the peacemakers; they shall be called sons of God.**
- 8. Blest are those persecuted for holiness' sake; the reign of God is theirs.**

### **An Act of Hope**

**O my God, relying on Your infinite goodness and promises, I hope to obtain pardon of my sins, with the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.**

**Amen**

### **An Act of Love**

**O my God, I love You above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured.**

**Amen**

## **Act of Contrition**

**O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments. But most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace to sin no more and to avoid the near occasions of sin.**

**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**

## **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**

## **Glory Be To The Father**

**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, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O gracious advocate, your eyes of mercy towards us, and after this our exile, show unto 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.**

**Amen**



## **Prayer Before A Crucifix**

**Behold, my beloved and good Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You to Impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins and a most firm desire of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate Your five most precious wounds, having before my eyes that which David, the prophet, long ago spoke about You, my Jesus: “They have pierced my hands and my feet; I can count all of my bones”.**

**(Ps. 22:17 – 18) Amen**

### **Some Duties of Catholic Christians**

**To keep holy the day of the Lord's resurrection; to worship God by participating in Mass every Sunday and Holy day of obligation; to avoid those activities that would hinder renewal of the soul and body, e.g. needless work, needless business, activity, unnecessary shopping, etc.**

**To lead a sacramental life; to receive Holy Communion frequently and the sacrament of Penance regularly (receive the sacrament of Penance at least once a year if serious sin is involved and receive Holy Communion at least once a year, between the first Sunday of Lent and Trinity Sunday.)**

**To Study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then continue to study and advance the cause of Christ.**

**Observe the marriage laws of the Church; to give religious training to one's children; to use parish school and religious education programs.**

**To strengthen and support the Church: one's own parish community and parish priests; the worldwide Church and the Holy Father.**

**To do penance, including abstaining from meat and fasting from food on the appointed days.**

**To join in the missionary spirit and apostolate of the Church.**

### **Special Precepts of the Church**

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.
6. You shall help with the support of the Church.
7. You shall join the missionary spirit and apostolate of the Church.

### **The Gifts of the Holy Spirit**

1. Wisdom
2. Understanding
3. Right Judgment
4. Courage
5. Knowledge
6. Reverence
7. Wonder and Awe (Fear of the Lord)

### **The Fruits of the Holy Spirit**

1. Love
2. Joy
3. Peace
4. Forbearance
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self Control

### **The Capital Virtues**

1. Humility
2. Generosity
3. Chastity
4. Mildness
5. Temperance
6. Friendship
7. Diligence

### **The Corporal Works of Mercy**

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit the imprisoned
7. Bury the dead

### **The Spiritual Works of Mercy**

1. Convert the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive injuries
7. Pray for the living and the dead

