
BASIC PRAYERS

A certain memorization of some essential prayers, far from opposing the dignity of young Christians, or obstructing personal dialogue with the Lord, constitutes an answer to a real need. That which is memorized must at the same time be absorbed and gradually understood in depth in order to become a source of Christian life.¹

THE SIGN OF THE CROSS

Christians begin their day and their activities with the Sign of the Cross. The Sign of the Cross strengthens us in temptations and difficulties.

In nómine Patris,
et Fílii,
et Spíritus Sancti. Amen.

Per signum crucis de inimícis nostris libera nos,
Deus noster.

In nómine Patris...

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

By the sign of the cross deliver us from our enemies,
you who are our God.

In the name...

THE LORD'S PRAYER

"In the Our Father, the object of the first three petitions is the glory of the Father: the sanctification of his name, the coming of the kingdom, and the fulfillment of his will. The four others present our wants to him: they ask that our lives be nourished, healed of sin, and made victorious in the struggle of good over evil. By the 'Amen,' we express our '*fiats*' concerning the seven petitions: 'So be it.'"²

1. St. John Paul II, *Catechesi Tradendæ*, 55.

2. CCC 2857, 2865.

Pater noster, qui es in cælis: sanctificétur nomen tuum; advéniat regnum tuum; fiat volúntas tua, sicut in cælo, et in terra.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; thy will be done on earth as it is in heaven.

Panem nostrum cotidiánum da nobis hódie; et dimítte nobis débíta nostra, sicut et nos dimittimus debitóribus nostris; et ne nos indúcas in tentatiónem; sed líbera nos a malo. Amen.

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

The greeting of the angel Gabriel opens this prayer. It is God himself who, through his angel as intermediary, greets Mary. The grace with which Mary is filled is the presence of him who is the source of all grace.

Mary is Mother of God and our mother. We can entrust all our cares and petitions to her. She prays for us as she prayed for herself: "Let it be done to me according to your word."

By entrusting ourselves to her prayer, we abandon ourselves to the will of God together with her. Our trust broadens further to surrender "the hour of our death" wholly to her care. May she be there as she was at her Son's Death on the Cross. May she welcome us as our mother at the hour of our passing to lead us to her Son, Jesus, in paradise.³

3. Cf. CCC, 2676-2677.

Ave, María, grátia plena,
Dóminus tecum; bene-
dícta tu in muliéribus, et
benedíctus fructus ven-
tris tui, Iesus.

Hail, Mary, full of grace,
the Lord is with thee;
blessed art thou among
women, and blessed is
the fruit of thy womb,
Jesus.

Sancta María, Mater Dei,
ora pro nobis peccatóri-
bus, nunc et in hora mor-
tis nostræ. Amen.

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

THE GLORY BE (THE DOXOLOGY)

The Glory Be, perhaps derived from Christ's command to the Apostles to baptize "in the Name of the Father, and of the Son and of the Holy Spirit," has been prayed since the first centuries of Christianity.

This hymn of praise to the triune God joins us with the heavenly hosts in glorifying God. With the Glory Be we also profess, in a formula against the heresies of Arius (who denied the divinity of the Son) and of Macedonius (who denied the divinity of the Holy Spirit), our faith in the most fundamental and basic mystery of revelation: the mystery of the Holy Trinity.

Glória Patri,
et Fílio,
et Spirítui Sancto.

Glory be to the Father,
and to the Son,
and to the Holy Spirit.

Sicut erat in princípio
et nunc et semper
et in sæcula sæculórum.
Amen.

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

MORNING OFFERING

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 thanksgiving for your favors, 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.

CONSECRATION TO THE BLESSED VIRGIN MARY

My Queen and my Mother, I give myself entirely to you, and, in proof of my affection, I give you my eyes, my ears, my tongue, my heart, my whole being without reserve. Since I am your own, keep me and guard me as your property and possession. Amen.

ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he shall come to judge the living and the dead. I believe these and all the truths that the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

ACT OF HOPE

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon for my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

ACT OF CHARITY

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 ask pardon of all whom I have injured.

PRAYER BEFORE A DAY'S WORK

Direct, we beg you, O Lord, our actions by your holy inspirations, and grant that we may carry them out with your gracious assistance, that every prayer and work of ours may begin always with you, and through you be happily ended. Amen.

ABANDONMENT TO GOD'S PROVIDENCE

My Lord and my God: into your hands I abandon the past and the present and the future, what is small and what is great, what amounts to a little and what amounts to a lot, things temporal and things eternal. Amen.⁴

ABANDONMENT TO GOD'S PROVIDENCE

St. Teresa of Jesus

Let nothing disturb you, nothing fright you. Whom God possesses in nothing is wanting. Alone God suffices. All things are passing. God never ceases. Patient endurance attains all things. Amen.

PRAYER TO KEEP THE PRESENCE OF GOD

Lord, God Almighty, you have brought us safely to the beginning of this day. Defend us today by your mighty power, so that we may not fall into any sin, and that all our words may so proceed and all our thoughts and actions be so directed as to be always just in your sight. Through Christ our Lord. Amen.

4. St. Josemaria Escriva, *The Way of the Cross*, 7th station, point for meditation #3. Princeton, N.J.: Scepter Publishers, 1976.

ANGELE DEI

Angele Dei, qui custos es mei, me tibi commíssum pietáte supérna illúmina, custódi, rege et gubérna. Amen.

SYMBOLUM APOSTOLORUM

Credo in Deum, Patrem omnipoténtem,
Creatórem cæli et terræ.
Et in Iesum Christum, Fílium eius únicum,
Dóminum nostrum:
qui concéptus est de Spíritu Sancto,
natus ex María Vírgine,
passus sub Póntio Piláto,
crucifíxus, mórtuus, et sepúltus;
descéndit ad ínferos;
tértia die resurréxit a mórtuis;
ascéndit ad cælos;
sedet ad dexteram Dei Patris omnipoténtis;
inde ventúrus est iudicáre vivos et mórtuos.
Credo in Spíritum Sanctum,
sanctam Ecclésiám Cathólicam,
Sanctórum communióem,
remissióem peccatórum, carnis resurrectiόem,
vitam ætérrnam. Amen.

ORATIO PRO PONTIFICE

V. Orémus pro Pontífice nostro **N.**

R. Dóminus consérvet eum et vivíficet eum, et beátum fáciat eum in terra, et non tradat eum in ánimam inimicórum eius.

PRAYER TO ONE'S GUARDIAN ANGEL

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.

THE APOSTLES' CREED

The *Apostles' Creed* is rightly considered to be a faithful summary of the Apostles' teaching. It is the ancient baptismal symbol of the Church of Rome.⁵

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 into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come 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.

PRAYER FOR THE POPE

V. Let us pray for our Sovereign Pontiff **N.**

R. The Lord preserve him and give him life, and make him blessed upon the earth, and deliver him not to the will of his enemies.

5. Cf. CCC, 184.