

Catholic Family Prayers



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INTRODUCTION



Catholic family life is infused with prayer. From table graces to the rosary, devotions, and creeds, Catholics grow up with prayer as a part of their religious life, and their daily routine. But too often, the noises and pressures of the world drown out the still, small voice of our heavenly Father.

Catholic Family Prayers is a collection of essential prayers for the Catholic family, organized in sections for easy reference. You and your family can use it to take advantage of opportunities to draw closer to the Lord and to each other in prayer. Remind yourself of prayers for specific occasions and keep those traditions alive, and discover new prayers for your family to learn and treasure.

Common Prayers



Our Father (The 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.

Glory Be (Doxology)

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.

A slightly different version comes from the Liturgy of the Hours:

Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and will be forever. Amen.

Sign of the Cross

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

The 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.

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.

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 into hell; 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 thence he shall 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.

Table Graces



Before Meals

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



Blessed are you, almighty Father,
who gives us our daily bread.
Blessed is your only begotten Son,
who continually feeds us with the Word of Life.
Blessed is the Holy Spirit,
who brings us together at this table of love.
Blessed be God now and forever.
Amen.

After Meals

We give thee thanks for all thy benefits, Almighty God,
who lives and reigns forever, world without end.

Amen.

And may the souls of the faithful departed,
through the mercy of God, rest in peace.

Amen.



Loving Father, we praise you for all the gifts you give us:
for life and health;
for faith and love;
and for this meal we have shared together.

Father, we thank you through Christ our Lord.

Amen.



God, our Father,
we thank you for the food your bounty has given us,
your gathered family.

Grant that we also may freely give to others
what you have so generously given to us,
and that we may all share in the banquet of heaven.

We ask this through Christ our Lord.

Amen.



Prayers for Morning



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,
for the salvation of souls, the reparation for sins, the reunion
of all Christians,
and in particular for the intentions of the Holy Father.
Amen.

Guardian Angel Prayer

Angel of God,
my guardian dear,
To whom God's love
commits me here,
Ever this day,
be at my side,

To light and guard,
Rule and guide.
Amen.

Before Work

May God bless the work
I will do this day,
that all my actions
may bring Christ to the world.



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;
God be at my end, and at my departing.

For a Child Leaving for School

May God bless your day at school,
that you may grow
in knowledge of the world,
and in love for all God's children.



Prayers for Evening



Prayer for a Child Before Bed

As you make the sign of the cross on the child's forehead or heart:

May God bless you.

May God keep you safe.

God be with you.

God be in your heart.

May God bless and protect you.

Night Prayer of St. Augustine

Watch, Lord, with those who wake or weep tonight. Give the angels and saints charge over those who sleep. O Lord Jesus Christ, tend your sick ones, rest your weary ones, bless your dying ones, soothe the suffering ones, pity all the afflicted ones, shield the joyful ones, and all for your love's sake. Amen.

Evening Prayer of St. Alphonsus Liguori

Jesus Christ, my God, I adore you and I thank you for the many graces you have bestowed on me this day. I offer you my sleep and all the moments of this night, and I pray you to preserve me from sin. Therefore, I place myself in your most sacred side, and under the mantle of our blessed Lady, my Mother. May the holy angels assist me and keep me in peace, and may your blessing be upon me.

Marian Prayers



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.

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior;
for he has looked with favor on his lowly servant.

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

He has filled the hungry with good things,
and the rich he has sent 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 his children forever.

Memorare
(Traditional)

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 mercy hear and answer me.
Amen.

Memorare
(Modern)

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.

Angelus

This Marian prayer incorporates the “Hail Mary” and traditionally is recited at 6 AM, noon, and 6 PM—a practice maintained in many monastic communities. It is most common today for Catholics to recite the Angelus at 6PM, as part of Vespers or by itself. It can be said alone, or if said in a group, the lines marked V are read by the leader, those marked with R by everyone else, and those unmarked by everyone.

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit.

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.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

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.

V. And the Word was made flesh.

R. And dwelt among us.

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.

℣. Pray for us, O Holy Mother of God.

℟. That we might be made worthy of the promises of Christ.

℣. Let us pray.

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord.

℟. Amen.