

Wednesday Evening Religious Education

Traditional Prayers

SIGN OF THE CROSS – In the name of the Father, and of the Son, and of the Holy Spirit. AMEN. (with the right hand)

OUR FATHER – Our Father, who art in heaven, hallowed by 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.

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 will be forever. Amen.

GRACE BEFORE MEALS – Bless us, O Lord, and these Your gifts, which we are about to receive from Your goodness, 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.

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, to guard, to rule, and to guide. Amen.

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 sin no more, and to avoid what leads me to sin. Amen.

APOSTLE'S CREED – (per Roman Missal changes) – 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.

MORNING OFFERING – The traditional prayer is listed below, however, teach your child to offer his or her day to God in his or her own words. Oh Jesus, through the Immaculate heart of Mary, I offer you my prayers, works, joys and sufferings of this day, in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart, for the salvation of souls, reparation for sin, and for the reunion of all Christians. I offer them for the intentions of our Bishops, for all of the members of the Apostleship of Prayer, and in particular for those intentions recommended by our Holy Father. Amen.