

Joyful Catholic Families

# Prayer Rings

(English)

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## Sign of the Cross

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

1

## 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.

2

## 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.

3

## 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.

4

## Genuflection

While facing the altar or tabernacle, touch your right knee to the floor. At the same time make the Sign of the Cross to show reverence for the Blessed Sacrament.

5

## Grace Before Meals

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

6

## Grace After Meals

We give Thee thanks,  
Almighty God,  
for these and all Thy benefits  
which we have received  
from Thy bounty,  
through Christ our Lord. Amen.

7

## 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,  
to rule and guide.  
Amen.

8

## 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.

9

## Morning Offering

O Jesus, through the immaculate heart of Mary, I offer  
You all 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 all my sins, and for the  
intentions of our Holy Father this month. Amen.

## Morning Offering

(Young Child's Version)

O my God, I offer You every thought, word, and act of  
today. Please bless me, my God, and make me good  
today. Amen.

10

## St. Michael the Archangel Prayer

St. Michael, the Archangel,  
defend us in battle;  
be our defense against the wickedness  
and snares of the devil.  
May God rebuke him, we humbly pray;  
and do thou, O prince of the heavenly host,  
by the power of God,  
cast into hell Satan and all the evil spirits  
who prowl about the world seeking the ruin of souls.  
Amen.

11

## Angelus

**Leader:** The angel of the Lord declared unto Mary,

**All:** And she conceived of the Holy Spirit. *Hail Mary, full of grace...*

**Leader:** Behold the handmaid of the Lord.

**All:** Be it done unto me according to Thy Word. *Hail Mary, full of grace...*

**Leader:** And the Word was made flesh

**All:** And dwelt among us. *Hail Mary, full of grace...*

**Leader:** Pray for us, holy Mother of God,

**All:** that we may be made worthy of the promises of Christ.

**Leader:** Let us pray:

**All:** 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.

12

## The Joyful Mysteries of the Rosary

1. **The Annunciation:** Mary learns from the angel Gabriel that God wants her to be the Mother of God and she says, "Yes".
2. **The Visitation:** Mary goes to visit and help her cousin Elizabeth.
3. **The Nativity:** Jesus is born in a stable in Bethlehem.
4. **The Presentation of Jesus in the Temple:** Mary and Joseph take the infant Jesus to the Temple to present him to God.
5. **The Finding of Jesus in the Temple:** Jesus is found in the Temple discussing his faith with the teachers.

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## The Luminous Mysteries of the Rosary

1. **The Baptism in the Jordan:** John baptized Jesus in the Jordan River. God proclaims that Jesus is his beloved Son.
2. **The Wedding Feast at Cana:** At Mary's request, Jesus performs his first miracle. He turns water into wine.
3. **The Proclamation of the Kingdom:** Jesus calls all to conversion and service to the Kingdom.
4. **The Transfiguration:** Jesus is revealed in glory to Peter, James, and John.
5. **The Institution of the Eucharist:** Jesus offers his Body and Blood at the Last Supper.

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## The Sorrowful Mysteries of the Rosary

1. **The Agony in the Garden:** Jesus prays in the Garden of Gethsemane on the night before he dies.
2. **The Scourging at the Pillar:** Jesus is lashed with whips.
3. **The Crowning With Thorns:** Jesus is mocked and crowned with thorns.
4. **The Carrying of the Cross:** Jesus carries the cross.
5. **The Crucifixion:** Jesus is nailed to the cross and dies.

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## The Glorious Mysteries of the Rosary

1. **The Resurrection:** God the Father raises Jesus from the dead.
2. **The Ascension:** Jesus returns to His Father in heaven.
3. **The Descent of the Holy Spirit:** The Holy Spirit comes to bring new life to the disciples.
4. **The Assumption of Mary into Heaven:** At the end of her life on earth, Mary is taken body and soul into heaven.
5. **The Coronation of Mary:** Mary is crowned as Queen of Heaven and Earth.

16

## 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;  
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.

17

## Fatima Invocation

O my Jesus, forgive us our sins,  
save us from the fires of hell,  
and lead all souls to heaven,  
especially those most in need of Thy mercy.

18

## Hail Holy Queen

Hail, holy Queen, Mother of mercy,  
our life, our sweetness, and our hope.  
To thee do we cry, poor banished children of Eve;  
to thee do we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn then, O most gracious advocate,  
thine eyes of mercy toward us, and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet virgin Mary.

**Leader:** Pray for us, O holy mother of God.

**All:** That we may be made worthy of the  
promises of Christ.

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## Prayer after the Rosary

O God, Whose only begotten Son,  
by his life, death and Resurrection,  
has purchased for us the rewards of eternal life;  
grant, we beseech Thee, that,  
by meditating upon these mysteries of  
the most holy rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord. Amen.

20

## Prayer for Vocations

Heavenly Father, bless us with the grace of many vocations to the priesthood and the consecrated life for the Catholic Diocese of \_\_\_\_\_.

Through the intercession of the Blessed Mother, grant to those You have called a willing and generous spirit.

May they devote their lives and their talents to serve You and Your Church.

Increase the faith of all within our diocese, and particularly the faith of those You have called to religious vocations.

We ask this through Christ, Your Son. Amen.

21

## The Beatitudes

(from Matthew 5:3-10)

Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,  
for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers,  
for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

22

## Memorare

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.

23

## Come, Holy Spirit

Come Holy Spirit,  
and fill the hearts of your faithful,  
and kindle in them the fire of Your Divine Love.

Send forth Your Spirit and they shall be created,  
and You shall renew the face of the earth.

Oh God, Who by the light of the Holy Spirit instructed the hearts of the faithful,  
Grant, that by the same Spirit we may be truly wise and ever rejoice in His consolation.

We ask this through Christ Our Lord. Amen.

24

### Spiritual communion

When unable to receive Communion because of age, illness, or other situations, you can unite yourself to Jesus and receive special graces by praying this prayer:

#### Act of Spiritual Communion

My Jesus,  
I believe that You are present in the Blessed Sacrament.  
I love You above all things and I desire You in my soul.  
Since I cannot now receive You sacramentally,  
come at least spiritually into my heart.  
As though You were already there,  
I embrace You and unite myself to You;  
permit not that I should ever be separated from You.

—St. Alphonsus

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## Prayer for the Dead

**Leader:** Eternal rest grant unto them, O Lord.

**All:** And let perpetual light shine upon them.

**Leader:** May they rest in peace.

**All:** Amen.

**Leader:** May their soul and the souls of all the faithful departed, through the mercy of God, rest in peace.

**All:** Amen.

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### Peace Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace;  
where there is hatred, let me sow love;  
when there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
Grant that I may not so much seek  
to be consoled as to console;  
to be understood, as to understand,  
to be loved as to love; for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

27

### 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 shall 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. Amen.

28

## 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 will come to judge the living and the dead.  
I believe these and all the truths  
which the holy Catholic Church teaches,  
because You have revealed them,  
who can neither deceive nor be deceived.  
Amen.

29

## Act of Hope

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

30

## 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 my love.  
I love my neighbor as myself for the love of You.  
I forgive all who have injured me  
and I ask pardon of those whom I have injured.  
Amen.

31

## 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,

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## The Nicene Creed (cont.)

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.

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