

## 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.

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