

Sign of the Cross

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

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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

Our Father

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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.

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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.

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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.

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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.

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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

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Bless us, O Lord,
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Bless us, O Lord,
and these Thy gifts,
which we are about to receive
from Thy bounty,
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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

Grace After Meals

We give Thee thanks,
Almighty God,
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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.

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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.

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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

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