

Common Catholic Prayers

Our Father

Matthew 6:9-13

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.

Hail Mary

Lk 1:28 and Lk 1:42

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.

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.

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.

7 sacraments

1. Baptism
2. Eucharist
3. Reconciliation
4. Confirmation
5. Matrimony
6. Holy Order
7. Anointing of the Sick

10 Commandments:

1. You shall not have other gods besides Me
2. You shall not take the Name of the Lord in vain
3. Remember to keep holy the Lord's day
4. Honor your father and your mother
5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness against your neighbor
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

7 gifts of the Holy Spirit

The moral life of Christians is sustained by the gifts of the Holy Spirit. These are permanent dispositions which make man docile in following the promptings of the Holy Spirit. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations. (CCC 1830-31)

1. Wisdom
2. Understanding
3. Right Judgment (Counsel)
4. Knowledge
5. Reverence (Piety)
6. Courage (Fortitude)
7. Wonder and Awe (Fear of the Lord)

12 Fruits of the Holy Spirit

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. (CCC 1831)

1. Charity
2. Chastity
3. Peace
4. Patience
5. Goodness
6. Generosity
7. Gentleness
8. Joy
9. Kindness
10. Faithfulness
11. Modesty
12. Self-Control

The Cardinal Virtues:

1. Prudence
2. Justice
3. Fortitude
4. Temperance

The Theological Virtues:

1. Faith
2. Hope
3. Love

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 Precepts of the Catholic Church

Each of these precepts of the Catholic Church is a requirement. Together with the Ten Commandments, they represent the minimum level of moral living. Intentional violation of the precepts is a grave matter, leading to mortal sin.

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

The Works of Mercy

Spiritual

1. To admonish the sinner
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

Corporal

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit the imprisoned
5. To shelter the homeless
6. To visit the sick
7. To bury the dead

Catholic Holy Days of Obligation:

	Universal Church	U.S.A.	Australia	Canada	England & Wales	Ireland
Jan. 1: Mary, Mother of God	•	C		•		
Jan. 6: Epiphany	•	B	A	A	C	•
Mar. 17: St. Patrick						•
March 19: St. Joseph	•					
Ascension	•	•	•	B	•	•
Holy Body & Blood of Christ	•	B	B	B	•	•
June 29: Sts. Peter & Paul	•		B		C	
Aug. 15: Assumption	•	C	C		C	•
Nov. 1: All Saints	•	C	C		C	•
Dec. 8: Immaculate Conception	•	•				
Dec. 25: Christmas	•	•	•	•	•	•

A	=	Transferred to the Sunday between Jan. 2 and Jan. 8
B	=	Transferred to the following Sunday
C	=	If the date is on Saturday or Monday, there is no obligation for that year