Powerful Prayers

Every Catholic Should Know

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Common Prayers

Sign of the Cross
*Bring right hand to forehead, chest, left then right shoulder.*
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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. Lead us not into temptation but deliver us from evil. Amen.

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.

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.

Saint Michael Prayer by Pope Leo XIII
Saint Michael the Archangel, defend us in battle, be our protection 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 other evil spirits who prowl about the world seeking the ruin of souls. 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 guide. Amen.
Act of Contrition
O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishments, but most of all because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more and to avoid the near occasion of sin. Amen.

The Fatima Prayer
O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy. Amen.

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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

Memorare by Saint Bernard of Clairvaux
Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of virgins, our Mother. To thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions but in thy mercy hear and answer us. Amen.

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.
Morning Offering
O 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, for all the intentions of your Sacred Heart: for the salvation of souls, the reparation of sins, the reunion of all Christians, and for the intentions of our Holy Father. Amen.

The Jesus Prayer
Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner. Amen.

Miraculous Medal Prayer
O Mary, conceived without sin, pray for us who have recourse to thee, and for those who do not have recourse to thee, especially for the enemies of the Church. Amen.

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, and 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 thence he shall 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.
Other Powerful Prayers

Prayer to the Holy Spirit
When prayed in group, responses are in italics.
Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. Let us pray. O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the same Spirit we may be truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.

Unfathomable Plans Morning Offering
Dear Lord, I do not know what will happen to me today—I only know that nothing will happen that was not foreseen by you and directed to my greater good from all eternity. I adore Your holy and unfathomable plans and submit to them with all my heart for love of you, the Pope, and the Immaculate Heart of Mary. Amen.

The Angelus
Prayed daily at Noon. In a group, responses are in italics.
The angel of the Lord declared unto Mary. And she conceived of the Holy Spirit. Recite the Hail Mary
Behold the handmaid of the Lord. Be it done unto me according to thy word. Recite the Hail Mary
And the Word was made flesh. And dwelt among us. Recite the Hail Mary
Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.
Let us pray. 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.
**Regina Coeli**  
*Replaces the Angelus during Easter season*

Queen of Heaven rejoice, Alleluia, for he whom you did merit to bear, Alleluia, has risen as he said, Alleluia. Pray for us to God, Alleluia.

Rejoice and be glad, O Virgin Mary, Alleluia, for the Lord has truly risen, Alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of thy Son, our Lord Jesus Christ, grant we beseech thee, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life through the same Christ our Lord. Amen.

**Prayer for Spiritual Communion**  
*For occasions when one cannot receive Holy Communion*

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot at this moment receive you, please enter spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

**Prayer of Saint Thomas Aquinas Before Study**  
Ineffable Creator, pour forth a ray of your light into the darkened places of my mind and banish from my soul the twofold darkness of sin and ignorance into which I was born. You who make eloquent the tongues of infants, refine my speech and pour upon my lips the goodness of your blessing. Grant to me keenness of mind, capacity to remember, skill in learning, subtlety to interpret, and eloquence in speech. May you guide the beginning of my work, direct its progress, and bring it to completion. Amen.
For Holy Mass

Prayer Before Mass by Saint Thomas Aquinas
Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings, and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord’s Body and Blood and its reality and power. Kind God, may I receive the Body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you forever. Amen.

Anima Christi
Soul of Christ, make me holy,
Body of Christ, be my salvation,
Blood of Christ, let me drink your wine,
Water flowing from the side of Christ, wash me clean,
Passion of Christ, strengthen me,
Kind Jesus, hear my prayer,
hide me within your wounds,
and keep me close to you.
Defend me from the evil enemy and call me at the hour of my death to the fellowship of your saints that I might sing your praise with them for all eternity. Amen.
Prayer After Communion by Saint Thomas Aquinas
Lord, Father all-powerful and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the Precious Body and Blood of your Son, our Lord Jesus Christ. I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God, and lead me safely through death to everlasting happiness with you. I pray that you will lead me, a sinner, to the banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Amen.

Intercessory Prayer After Communion
Dear Jesus, I offer the graces merited via this Holy Communion for the spiritual and temporal needs, conversion and sanctification, healing, perfect health, and long life of Name of Person and for (if applicable) their spouse, children and/or grandchildren, and their future spouses. Amen.

Prayer After Mass by Saint Ignatius of Loyola
Lord Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me. I surrender it all to be guided by your will. Your love and your grace are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more. Amen.
Prayer to Saint Joseph from the First Century

To make a Novena, pray once for nine consecutive days.

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, Our Lord, so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart—embrace him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. O Saint Joseph, hear my prayers and obtain my petitions. Pray for State Your Request, Amen.

Prayer to Saint Jude, Help of the Hopeless

To make a Novena, pray once for nine consecutive days.

Most holy apostle Saint Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally as the patron of difficult cases and problems almost despaired of, pray for me, for I am so helpless and alone. Intercede with God for me that he bring visible and speedy help where help is most needed. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly State Your Request, that I may praise God with you and all the saints forever. I promise, O Blessed Saint Jude, to be ever mindful of this great favor granted me by God and to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen.
**Miracle Prayer to Saint Anthony of Padua**

*To make a Novena, pray once for nine consecutive days.*

O Holy Saint Anthony, gentlest of saints, your love for God and charity for his creatures made you worthy to possess miraculous powers on earth. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me [State Your Request]. The answer to my prayer may require a miracle, even so, you are the saint of miracles. O gentle and loving Saint Anthony, whose heart was ever full of human sympathy, whisper my petition into the ear of the sweet infant Jesus, who loved to be folded in your arms, and the gratitude of my heart will ever be yours. Amen.

**Prayer to Saint Thérèse of Lisieux**

*To make a Novena, pray once for nine consecutive days.*

O Little Thérèse of the Child Jesus, please pick a rose for me from the heavenly garden and send it to me as a message of love. O Little Flower of Jesus, ask God today to grant the favors I now place with confidence in your hands [State Your Request]. Saint Thérèse, help me to always believe as you did in God’s great love for me so that I might imitate your Little Way each day. Amen.

**Prayer of Saint Patrick**

Prayer of Saint Francis of Assisi
Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O Divine Master, 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.
Amen.

Miraculous Medal Novena Prayer
To make a Novena, pray once for nine consecutive days.
O Immaculate Virgin Mary, Mother of Our Lord Jesus and our Mother, penetrated with the most lively confidence in your all-powerful and never-failing intercession, manifested so often through the Miraculous Medal, we your loving and trustful children implore you to obtain for us the graces and favors we ask during this novena if they be beneficial to our immortal souls and the souls for whom we pray State Your Request. You know, O Mary, how often our souls have been the sanctuaries of your Son who hates iniquity. Obtain for us then a deep hatred of sin and that purity of heart which will attach us to God alone so that our every thought, word and deed may tend to his greater glory. Obtain for us also a spirit of prayer and self-denial that we may recover by penance what we have lost by sin and at length attain to that blessed abode where you are the Queen of angels and of men. Amen.
How to Pray the Rosary

Using the prayers found in this booklet

Rosary beads are recommended but not required. Begin by making the Sign of the Cross, then pray the Apostles Creed, followed by one Our Father, three Hail Marys, and the Glory Be. Using the chart below, call to mind the first Mystery (event in the life of Christ or Mary) for the day, then pray one Our Father, ten Hail Marys, then one Glory Be and the Fatima Prayer, all while meditating on the Mystery. In the same manner, pray while meditating on the second, third, fourth, and fifth Mysteries. Conclude with the Hail Holy Queen and this prayer:

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 meditating on 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.

Joyful Mysteries
Mon & Sat, Sundays during Advent
The Annunciation
The Visitation
The Nativity
The Presentation
The Finding of Jesus in the Temple

Glorious Mysteries
Wednesdays & Sundays
The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption of Mary
The Coronation of Mary

Sorrowful Mysteries
Tue & Fri, Sundays during Lent
The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Crucifixion

Luminous Mysteries
Thursdays
The Baptism in the Jordan
The Wedding at Cana
The Proclamation of the Kingdom
The Transfiguration
The Institution of the Eucharist

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How to Pray Divine Mercy Chaplet

Using a set of rosary beads, make the **Sign of the Cross**, then pray one **Our Father**, one **Hail Mary**, and the **Apostles Creed**. On each of the five decades of rosary beads, begin by praying:

Eternal Father, we offer you the Body, Blood, Soul, and Divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.

Then recite the following prayer ten times:

For the sake of his sorrowful passion, have mercy on us and on the whole world.

Conclude the chaplet by reciting three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

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and Divine Mercy Chaplet

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