

# Prayers

## Act of Contrition

God our Father, forgive me for my sins. I am sorry for them with all my heart. Help me be faithful to your Spirit so that I can grow in love. 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,  
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 you.  
Blessed are you among women  
And blessed is the fruit of your 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

## Memorare

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to your protection,  
implored your help, or sought your intercession,  
was left unaided.  
Inspired by this confidence,  
I fly unto you, O Virgin of virgins, my Mother.  
To you do I come, before you I stand, sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions,  
but in your mercy, hear and answer me.  
Amen.