

### **The Sign of the Cross**

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, and lead us not into temptation, but deliver us from evil. Amen

### **Morning Offering**

God, my Father, I give You today  
all that I think and do and say.  
I'll work and laugh, have fun and play.  
Jesus be with me all through the day. Amen

### **Act of Contrition**

O my God, I am sorry that I have sinned.  
Please forgive me. I know You love me.  
I want to love You and to be good to everyone.  
Help me to make up for my sins.  
I will try to do better from now on. Amen

### **The Hail Mary**

Hail Mary, full of grace, the Lord is with you; blessed are you 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 with out end. 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

### **Prayer to the Guardian Angel**

Angel of God, my guardian dear, to whom God's love entrusts me here, ever this day be at my side, to light, to guard, to rule, and guide. Amen