

## **PRAYERS**

### **Sign of the Cross**

Using your right hand:

1. Touch your forehead while saying "In the Name of the Father"
2. Touch your lower chest while saying "and of the Son"
3. Touch your left shoulder while saying "and of the Holy"
4. Touch your right shoulder while saying "Spirit, Amen"

### **The Lord's Prayer**

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 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 to the Father**

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.

### **The Act of Contrition**

O my God, I am sorry for my sins.

In choosing to sin, and failing to do good, I have sinned against you.

I firmly intend, with the help of your Son, to make up for my sins,

and to love as I should.

Amen