**Prayers to Take to Heart**

**Sign of the Cross**
*In the name of the Father,*  
*and of the Son,*  
*and of the Holy Spirit.*  
*Amen.*

**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;  
and 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.*
Prayers to Take to Heart

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.

Prayer Before Meals
Bless us, O Lord, and these your gifts  
which we are about to receive from your goodness.  
Through Christ our Lord.  
Amen.

Prayer After Meals
We give you thanks  
for all your gifts,  
almighty God,  
living and reigning  
now and forever.  
Amen.

Morning Offering
My God, I offer you my prayers,  
works, joys, and sufferings of this day  
in union with the holy sacrifice of the Mass  
throughout the world.  
I offer them for all the intentions  
of your Son’s Sacred Heart,  
for the salvation of souls, reparation for sin,  
and the reunion of Christians.  
Amen.
Prayers to Take to Heart

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.

Morning Prayer
God, our Father, I offer you today
All that I think and do and say.
I offer it with what was done on earth
By Jesus Christ, your Son.
Amen.

Evening Prayer
God, our Father, this day is done.
We ask you and Jesus Christ, your Son,
that with the Spirit, our welcome guest,
you guard our sleep and bless our rest.
Amen.
Prayers to Take to Heart

Prayer to the Holy Spirit
Come, Holy Spirit, fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you will renew the face of the earth.
Let us pray.

Lord,
By the light of the Holy Spirit
You have taught the hearts of your faithful.
In the same Spirit
Help us to relish what is right
And always rejoice in your consolation.
We ask this through Christ our Lord.
Amen.

Queen of Heaven (Regina Caeli)
Queen of heaven, rejoice, alleluia.
The Son whom you merited to bear, alleluia,
has risen as he said, alleluia.
Rejoice and be glad, O Virgin Mary, alleluia!
For the Lord has truly risen, alleluia.

Let us pray;
O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life.
Through the same Christ our Lord.
Amen.
Prayers to Take to Heart

Hail, Holy Queen (Salve Regina)
Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

Memorare
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, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.
Prayers to Take to Heart

Prayer for Vocations
God, thank you for loving me.
In Baptism you called me by name
to live as your child.
Help all your people to know their call in Life.
For your greater glory, raise up generous leaders
to serve as priests, deacons, sisters and brothers.
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;
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 there he will 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.
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.
Prayers to Take to Heart

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 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.
Prayers to Take to Heart

Act of Faith
O my God, I firmly believe that you are one God in three divine persons, Father, son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.
Amen.

Act of Hope
O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.
Amen.

Act of Love
O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.
Amen.
St. Ignatius of Loyola gave the Church a great gift in his Spiritual Exercises, a plan for spending thirty days to discover God's plan for a person's life and the ability to carry it out. In the Spiritual Exercises he suggests a simple daily way to examine your conscience. He called it the Daily Examen and suggests it could be done a number of times during the day, especially before going to bed.

Begin by being aware of all the blessings you received from God through the events of that day and the people you spent time with. Then ask to know where you might have turned away from God's presence during the day. Review your thoughts, words, and actions since your day began and consider what has brought you closer to God and what has led you away from him. Ask God's pardon for any time you failed to love. And finally, resolve to respond more completely to the generous love of God. Conclude with the Lord's Prayer. This Examen can help you become more aware of God's action in your life and help you find God in all things.