

Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit. 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.

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.

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.
Amen.

There are many forms of the Act of
Contrition, but it can be said in your
own words, too. Your prayer of
Contrition should admit that you
have sinned, tell God you are sorry
for your sins, and promise that you
plan to try to do better and avoid sin.