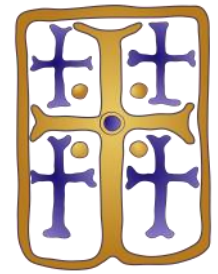


# daily prayers



## 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.**

## 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.**

## Grace Before Meals

Bless us, O Lord, as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us O Lord. **Amen.**

## Grace After Meals

Thank you God for the food we have eaten.  
Thank you God for all our friends.  
Thank you God for everything.  
Thank you God. **Amen.**

## Daily Morning Prayer

Father in heaven I give you today,  
All that I think or do or say.  
My ears to hear, my eyes to see,  
My hands and feet and all of me.  
To live and work like Jesus in all I do and  
say. **Amen.**

## Daily Evening Prayer

God, our Father,  
I come to say,  
Thank you for your love today.  
Thank you for my family,  
And all the friends you give to me.  
Guard me in the dark of night,  
And in the morning send your light. **Amen.**

## Prayer to my Guardian Angel

Angel of God, my Guardian dear,  
to whom God's love commits me here,  
ever this day (or night) be at my side,  
to light and guard, to rule and guide.  
**Amen.**

## **The Memorare**

Remember, O most loving 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 petition,  
but in thy clemency hear and answer me. Amen.

## **An Act of Spiritual Communion**

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You. Amen.

## **St Patrick's Breastplate Prayer**

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of everyone who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me. Amen.