

Catholic Prayer & Mediation:

Simply put, it is listening to and talking to God.

Forms of Prayers

2643 The **Eucharist** contains and expresses all forms of prayer: it is "the pure offering" of the whole Body of Christ to the glory of God's name^{1 31} and, according to the traditions of East and West, it is the "sacrifice of praise."

2644 The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of *prayer: blessing, petition, intercession, thanksgiving, and praise.*

Blessing and Worship - We acknowledge our dependence on God in all things

2645 Because God blesses the human heart, it can in return bless him who is the source of every blessing.

Petition & Supplication - We ask for physical and spiritual needs.

2646 Forgiveness, the quest for the Kingdom, and every true need are objects of the prayer of petition.

Intercession - We make requests on behalf of others

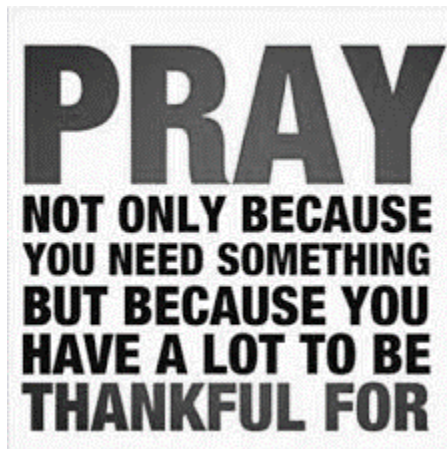
2647 Prayer of intercession consists in asking on behalf of another. It knows no boundaries and extends to one's enemies.

Thanksgiving & Gratitude - We thank God for everything we have and everything he does for us

2648 Every joy and suffering, every event and need can become the matter for thanksgiving which, sharing in that of Christ, should fill one's whole life: "Give thanks in all circumstances" (1 Thess 5:18).

Praise - We express our love of God for Him

2649 Prayer of praise is entirely disinterested and rises to God, lauds him, and gives him glory for his own sake, quite beyond what he has done, but simply because HE IS.



Three ways to pray

1. **VOCAL** - usually verbal expression, accompanies the internal act implied in every form of prayer. This external action not only helps to keep us attentive to the prayer, but it also adds to its intensity.

2. **MEDITATIVE** - consists in the application of the various faculties of the soul, memory, imagination, intellect, and will, to the consideration of some mystery, principle, truth, or fact, with a view to exciting proper spiritual emotions and resolving on some act or course of action regarded as God's will and as a means of union with Him. This is the most simple of prayers. In these we don't say anything. We simply meditate on God's love and mercy. These prayers are very common in those quiet moments of Eucharistic Adoration. Just being one with Our Lord is the greatest gift.

3. **CONTEMPLATIVE** - the soul's attention is riveted on the Lord himself. It is an intense and intimate union in which the person is wrapped up in God. God initiates this form of prayer, not us.

During **Mass** there are 4 types prayers:

1. The Gloria is a prayer of adoration.
2. The Confiteor and Penitential Rite are prayers of contrition.
3. The Prayer of the Faithful, also known as the General Intercessions or Universal Prayer, is a prayer of petition.



Your prayer of thanksgiving or meditative prayer can be either spontaneous or memorized.

When we are in a crisis it is sometimes hard to know what to say to God. This is when memorized prayer is very powerful.

Spontaneous prayer is also a very meaningful way to pray to God. When Jesus is our closest friend, we can tell him anything.

The Catholic Church has many formal prayers for every occasion and need. They guide us when we are at a loss for words.

[Video – what is guided meditation?](#)

Definitions

Novena - A recitation of prayers and devotions for nine consecutive days, especially one to a saint to ask for their intercession but a novena can sometimes be a prayer of thanksgiving. The nine days recall the nine days that the Apostles and the Blessed Virgin Mary spent in prayer between Ascension Thursday and Pentecost Sunday.

Chaplet - A set of prayers counted on a set of beads, i.e. Rosary, Divine Mercy

Litany - A liturgical prayer consisting of a series of petitions recited by a leader alternating with fixed responses by the congregation.

Rosary - a sequence of prayers and a string of beads used to count the prayers. It is essentially a contemplative prayer, which requires "tranquility of rhythm or even a mental lingering which encourages the faithful to meditate on the mysteries of the Lord's life." (Congregation for Divine Worship)

Prayers to Mary and the Saints

Why Pray to Mary?

Jesus has given us his Blessed Mother as *our* great spiritual mother (Rev.12:17), a heavenly advocate who intercedes for us.

There are over 100 titles for Mary, the Mother of Jesus. Many titles are related to Marian apparitions, country or region, specific intention or human need. Mary is known as Queen of Heaven and Earth while others are related to a country or region, others are related to a specific intention or human need (Our Lady of Good Counsel, Health of the Sick) and still others are related to a specific vocation or living thing (Queen of all Saints, Queen of Angels).

One of the over 100 titles of Mary is Mary Queen of Heaven and Earth – why do we call Mary a Queen? A close look at Scripture shows us that it is precisely from a biblical perspective that Mary's queenship makes perfect sense. For in ancient Israel, it was the king's mother who reigned as queen, not the king's wife.

We can see the importance of the “queen mother” in a number of passages from the Old Testament. For example, when the books of First and Second Kings introduce a new king in the Kingdom of Judah, they almost always mention the name of the king's mother alongside her royal son.

The queen mother also is portrayed as a preeminent member of the royal court, wearing a crown on her head (see Jer 13:18) and heading the list of palace officials in the kingdom (2 Kgs 24:12-15). Furthermore, the queen mother had a real share in her son's reign, helping in his mission to shepherd the people (see Jer 13:18-20) and serving as a trusted counselor (Prv 31).

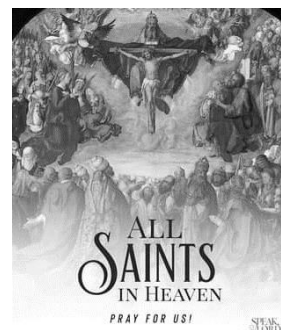
But most of all, the queen mother served as an advocate for the people, hearing their petitions and presenting them to the king.

Why Pray to Saints?

Why ask for the intercession of a saint?

The communion of saints and angels are also a part of our community. Saints and angels can pray on our behalf, with us and for us. The Catechism of the Catholic Church **states**, “[the saints’] intercession is their most exalted service to God's plan. We can and should ask them to intercede for us and for the whole world.” We are never alone in our prayers.

The Catholic Church believes that saints “never stop interceding for us before the Father and their brotherly concern is of more help for our infirmities” (Lumen Gentium 49). Our sufferance's, our trials and our limitations can be carried by the saints : from Heaven they intercede for us before the Father and take action with Him in our lives. Do not forget the words of St. Teresa of Lisieux that are written on her tomb : “I want to spend my time in Heaven doing good on Earth”.



BASIC CATHOLIC PRAYERS

Sign of the Cross

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

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the life everlasting. 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.

Hail Mary

Hail Mary, full of grace! The Lord is with thee. Blessed art thou 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.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb Jesus, O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God. *That we may be made worthy of the promises of Christ.*

Doxology

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.

An 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.

An Act of Hope

O my God, trusting in Your promises and because You are faithful, powerful and merciful, I hope, through the merits of Jesus Christ, for the pardon of my sins, final perseverance and the blessed glory of heaven.

An Act of Love

O my God, because You are infinite goodness and worthy of infinite love, I love You with my whole heart above all things, and for love of You I love my neighbor as myself. I forgive all who have offended me and ask pardon of all whom I have offended.

An Act of Contrition

O my God, I am heartily sorry for having offended Thee and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. 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.

Thanksgiving After Meals

We give Thee thanks, almighty God, for all Thy gifts, who lives and reigns forever and ever. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, 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 the Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians, and the intentions of our Holy Father, the Pope. Amen.

Prayer in the Morning

Blessed be the Lord, the God of Israel; He has come to His people and set them free. He has raised up for us a mighty savior, born of the house of His servant David. Through His holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember His holy covenant. This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in His sight all the days of our life. You, my child, shall be called the prophet of the Most High; for You will go before the Lord to prepare His way, to give His people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace. (Luke 1:68-79)

Prayer in the Evening

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; for he has looked with favor on His lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is His Name. He has mercy on those who fear Him in every generation. He has shown the strength of His arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of His servant Israel for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and His children for ever. (Luke 1:46-55)

O eternal God and Ruler of all creation, You have allowed me to reach this hour. Forgive the sins I have committed this day by word, deed or thought. Purify me, O Lord, from every spiritual and physical stain. Grant that I may rise from this sleep to glorify You by my deeds throughout my entire lifetime, and that I be victorious over every spiritual and physical enemy.

Deliver me, O Lord, from all vain thoughts and from evil desires, for yours is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, now and ever, and forever. Amen.

Prayer at Night

O my God, I thank You for having preserved me today and for having given me so many blessings and graces. I renew my dedication to You and ask Your pardon for all my sins. (review the day quietly then pray The Canticle of Simeon which follows)

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep, rest in His peace (alleluia). Lord, now let Your servant go in peace; according to Your word: for my eyes have seen Your salvation which You have prepared in the presence of all peoples: a light for revelation to the Gentiles and for glory to Your people Israel. (Luke 2:29–32)

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. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep, rest in His peace (alleluia).

The Divine Praises

Blessed be God

Blessed be His holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His most Sacred Heart.

Blessed be His most precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy. Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

The Rosary

Many great popes, saints, and Christian leaders have exhorted us to pray the rosary. It's a powerful prayer, they say, one that can change your life, strengthen the family, bring peace to the world, convert entire nations, and win the salvation of souls. The Mysteries of the Rosary are designed to help focus our prayer on the life, ministry, and Passion of Our Lord.

Pope Pius XII described the rosary prayer as "the compendium of the entire Gospel." There are four rosary mysteries (Joyful, Sorrowful, Glorious, Luminous) and five parts of each mystery which correspond to the five decades of the rosary.

The Joyful Mysteries focus on the joyful events related to the Incarnation of Jesus Christ.

The Sorrowful Mysteries focus on the sorrowful events related to the Passion and Death of Jesus Christ.

The Glorious Mysteries focus on the glorious events related to the Resurrection and the reigning of Christ in heaven with Our Lady.

The Luminous Mysteries or mysteries of light (added by Pope St. John Paul II) focus on the life and ministry of Jesus Christ.

-"He that prays constantly either stops sinning or stops praying."

-- St. Alphonsus Liguori

- **Prayer Books**

- My Life In Prayer Book (numerous prayers)
- Passiontide Prayer Book
- Simple Prayer Book

- **To God**

- God Of Mercy
- For The Poor
- God Our Light
- Poverty Of Heart
- O Loving God
- God Our Refuge
- O Holy God
- God Of Wisdom
- Deliver Us
- Wisdom And Truth
- Glory Be
- Gloria
- The Golden Arrow
- O Salutaris Hostia

- **The Father**

- Our Father

- **Jesus**

- The Jesus Prayer
- To The Lord Jesus Christ
- Anima Christi
- Jesus Light Of The World
- Prayer To The Sacred Heart
- To The Sacred Heart For Perseverance
- O Jesus Living In Mary
- To Be United With The Heart Of Jesus
- Before A Crucifix

- **Holy Spirit**

- To The Holy Spirit
- For Union With The Holy Spirit
- To Receive The Holy Spirit
- Veni Sancte Spiritus

- **Blessed Virgin Mary**

- Angelus
- Hail Mary
- Hail Holy Queen
- Regina Coeli
- Ave Regina Caelorum
- To Our Lady Of Guadalupe
- My Queen
- O Mary Mother of Jesus
- Ave Maris Stella
- The Memorare
- Prayer To Our Lady Of Perpetual Help
- The Magnificat

- **Guardian Angel Prayers**

- Daily Guardian Angel Prayer
- Guardian Angel Prayer

- **Saints**

- Benedictus (Canticle Of Zechariah)
- To St. Mary Magdalen
- To Saint Dymphna
- To Saint Michael¹
- To Saint Michael²
- Prayer Of St. Gertrude
- To St. Isidore
- To St. Joseph
- Prayer Of St. Francis
 - Great And Glorious God
 - O High And Glorious God
 - I Beseech You O Lord
 - Two Graces I Beg You
 - We Adore You
- St Patrick's Shield
- Prayer To St. Kateri Tekakwitha
- Prayer Of St. John Damascene¹
- Prayer Of St. John Damascene²
- Prayer To St. Jude
- Prayer Of St. Ephrem
- Prayer Of St. Bernard
- Prayer Of St. Germanus
- Prayer Of The Abbot Of Celles
- Prayer Of St. Methodius
- Prayer Of St. Andrew Of Candia
- Prayer Of St. Ildephonsus
- Prayer Of St. Athanasius
- Prayer Of St. Anselm
- Prayer Of St. Peter Damian
- Prayer Of St. William Bishop Of Paris

- **Acts**

- An Act of Faith
- An Act of Hope
- An Act of Love
- An Act Of Adoration
- An Act Of Contrition

- **Daily**

- Morning Offering
- For Daily Neglects
- Before Meals
- Before Bed

***Pray constantly...always
and for everything
giving thanks in the name
of the Lord Jesus Christ to
God the Father" (St. Paul)***

- **General Prayers**

- Nicene Creed

- **Respect Life**

- Respect Life Prayer
- To End Abortion
- O Heavenly Father
- O Blessed Lord Jesus Christ Our Redeemer

- **Vocations**

- For Vocations
- Prayer for Vocations Pope John Paul II

- **Social Justice**

- Social Justice Prayer
- As We Pause
- For Peace
- O God Source Of Our Light
- Bountiful God

- **Novenas**

- To The Holy Spirit (before Pentecost)
- Of The Holy Spirit
- Divine Mercy Novena
- To Saint Anne
- To Saint Anthony
- To St. Joseph
- St. Joseph's Novena And Prayers
- To St. Martin de Porres
- To Our Lady Of Mt. Carmel
- To Our Lady Of Fatima
- To Our Lady Of Lourdes
- To Saint Michael
- Novena For The Holy Souls In Purgatory
- Novena Of Holy Communion

- **Litanies**

- Litany Of The Sacred Heart Of Jesus
- Litany Of The Blessed Virgin Mary
- Litany Of Saint Joseph
- Litany Of The Precious Blood Of Jesus
- Litany of Humility
- Litany of the Most Holy Name of Jesus Lord
- Litany Of Our Lady Of Seven Sorrows
- Litany Of The Saints

- **Stations Of The Cross**

- The Way Of The Cross
- Scriptural Way Of The Cross

- **The Rosary**

- Scriptural Rosary and Mysteries
- Prayer Of The Rosary By Pope John Paul II
- The Fifteen Promises of Our Lady

- Feast of the Holy Guardian Angels (Oct. 2)
- Guardian Angel Prayer Of St. Gertrude
- Thanks To My Guardian Angel
- All Angels and Saints
- Apostle's Creed
- The Confiteor
- The Divine Praises
- Tantum Ergo
- Prayer to Defeat the Works of Satan
- Take Lord
- Against Bad Thoughts
- For Enlightening The Mind
- To Help Choose A Spiritual Director
- Thanksgiving Day Meal
- For Healing After A Separation Or Divorce
- Internet Prayer
- Watch, O Lord
- An Offering Of Self
- For Departed Souls
- Eternal Rest
- For The Poor by Mother Theresa
- For The Pope
- For Christian Unity
- Serenity Prayer
- Prayer Of Adoration
- Prayer to St. Anthony For Success In Preparing For Exams
- Prayer To St. Joseph Cupertino For Success In Examinations
- **Divine Mercy Devotion and Chaplet**
- **Liturgy Of The Hours**
 - Liturgy Of The Hours (The Divine Office)
 - The Little Office Of Mary
 - The Little Office Of the Immaculate Conception Of The Blessed Virgin Mary
- **Contemplative Prayer**
- **Simple Prayers For Holy Communion**
- **A Treasury Of Indulged Prayers**
 - **Epiphany Blessing of a Home**