

Beginning Prayer

From *Learning to Pray* by Raymond L. Richmond,
<http://chastitysf.guidetopsychology.com/howtopray.htm>.

Sign of the Cross

In the Name of the Father
and of the Son
and of the Holy Spirit.
Amen.

In nómine Patris
et Fílii
et Spíritus Sancti.
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.

Pater noster, qui es in cœlis,
santificétur nomen tuum.
Advéniat regnum tuum.
Fiat volúntas tua, sicut in cœlo et in terra.
Panem nostrum quotidiánum da nobis hódie.
Et dimítte nobis débíta nostra, sicut et nos
dimíttimus debitóribus nostris.
Et ne nos indúcas in tentatiónem:
sed libera nos a malo. Amen.

Hail Mary

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

Ave María, grátia plena!
Dóminus tecum.
Benedícta tu in muliéribus,
et bendíctus fructus ventris tui, Iesus!
Sancta María, Mater Dei,
ora pro nobis peccatóribus
nunc et in hora mortis nostræ. Amen.

Glory to the Father

Glory to the Father, and to the Son, and to the
Holy Spirit, as it was in the beginning, is now,
and will be forever. Amen.

Gloria Patri, et Fílio, et Spíritui Sancto.
Sicut erat in princípío, et nunc et semper, et
insaécula sæculórum. Amen.

Peace Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, let me sow pardon;
Where there is doubt, let me sow faith;
Where there is despair, let me sow hope;
Where there is darkness, let me sow light;
Where there is sadness, let me sow joy.

O Divine Master, grant that I may seek
Not so much to be consoled as to console;
not so much to be understood as to understand;
not so much to be loved as to love;
not so much to be seen as to see you in all things.
For it is giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born to everlasting life. Amen.

Prayer to the Holy Spirit

O Holy Spirit,
take me as your disciple.
Guide me; illuminate me; sanctify me.
Show me what is holy,
and I will pursue it.
Show me what is unholy,
and I will turn from it.
Command me, and with your grace
I will obey.
Lead me, then, into the fullness
of your Truth and Wisdom. Amen.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your protection,
implored your help,
or sought your intercession
was left unaided.
Inspired with this confidence,
I fly unto you,
O Virgin of Virgins, my Mother.
To you I come;
before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but graciously hear and answer me. Amen.

Anima Christi

Soul of Christ . . . sanctify me.
Body of Christ . . . save me.
Blood of Christ . . . inebriate me.
Water from the side of Christ . . . wash me.
Passion of Christ . . . strengthen me.
O Lord . . . hear me.
Within your wounds . . . hide me.
To stay close to you always . . . remind me.
From the malevolent enemy . . . defend me.
In the hour of my death . . . call me,
And bid me come to you,
that with your saints I may love you and praise you
for ever and ever. Amen.

Dr. Richmond's Prayer

Let me taste the sweetness of your splendor
In a world of bitter strife;
Let me hear the quiet song of heaven
In a world of clamor and din;
Let me smell the odor of sanctity
In a world of foul decay;
Let me see the glory of your visage
In a world of empty show;
Let me feel the ardor of your presence
In a world grown cold with sin. Amen.