

Morning Prayer

O Jesus,
Through the most pure heart of Mary,
I offer you all my prayers,
thoughts, works and sufferings of this day
for all the intentions of your most Sacred heart.

Amen

Grace Before Meals

Bless us, O Lord, and these your gifts
which we are about to receive from your bounty.
Through Christ our Lord.

Amen

Grace After Meals

We give you thanks, Almighty God,
for all your benefits,
who live and reign, world without end.

Amen

Prayer at the end of the day

Lord Jesus Christ,

As we come to the end of this school day,

Help us to reflect and to pray:

For the difficulties I have known, I ask for your help.

For the blessings I have received; I thank you.

May I seek to be an instrument of your peace in my home today.

Each day is a gift.

May I look forward to a new start tomorrow.

May the journey of my life be an experience of your love,

your compassion,

your forgiveness

and your peace.

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,

and the resurrection of the body,

and life everlasting.

Amen

The Act of Contrition

O My God, because you are so good,

I am very sorry that I have sinned against you,

But with the help of your grace, I will try not to sin again.

Amen