

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 Church teaches, because you have revealed them, who can neither deceive nor be deceived.

Act of Hope

O My God, relying on your infinite goodness and your promises, I hope to obtain the pardon of my sins, the assistance of your grace and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Charity (or Love)

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of all who I have injured.

Act of Contrition (or Repentance)

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.

Our Saviour, Jesus Christ, suffered and died for us. In his name, O Loving Father, have mercy on me. Amen.

Traditional and Frequently Used Prayers

The Sign of the Cross

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

The Sign of the Cross is used in several Christian traditions. It represents the victory of Jesus Christ over death and we use it at both the beginning and the end of our prayers. In the Western Church the Sign of the Cross is made by touching one's forehead, then the chest, then the left shoulder, and finally the right shoulder.

Our Father (The Lord's Prayer or Pater Noster)

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.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

Our Father (Shorter version used, for example, in the Rosary)

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.

Two versions of this prayer are recorded in the gospels: a longer form within the Sermon on the Mount in Matthew 6, and a shorter form in Luke 11. The Book of Common Prayer uses both versions.

Hail Mary *(Ave Maria)*

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.

This prayer is rooted in Gabriel's greeting to the Blessed Virgin at the Annunciation and Elizabeth's greeting to Mary at the Visitation (both Luke 1). The second part, asking for Mary's intercession, was added in the prayer at a later stage.

Glory Be *(Gloria Patri)*

Glory be to the Father, to the Son, and to the Holy Spirit:
as it was in the beginning is now and ever shall be,
world without end. Amen.

Glory Be *(Modern language)*

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now,
and shall be for ever. Amen

For the Morning

O my God, I adore you, and love you with all my heart.
I thank you for having created me, called me to follow your Son,
and for having preserved me during this night.
I offer you all my prayers, works, joys, and sufferings of this day –
grant that they may be according to your will, and for your greater glory.
Keep me from all sin and protect me from evil.
And let your grace be always upon me and my loved ones. Amen.

For Bedtime

O my God, I adore you, and love you with all my heart.
I thank you for having created me, called me to follow your Son,
and for having preserved me during this day.
I pray that you will forgive me whatever evil I have done,
and that you will accept whatever good I may have done.
Protect me while I rest and keep me from danger.
And let your grace be always upon me and my loved ones. 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, who was conceived by the
Holy Spirit, born of the Virgin Mary, 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, he is seated at the right hand of the
Father, and 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, the resurrection of the body, and the life everlasting.
Amen.

Collect for Purity *(Common Worship)*

Almighty God, to whom all hearts are open,
all desires known, and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.

Before Meals

Bless us O Lord, and these thy gifts, which we are about to receive,
from thy bounty, through Christ, our Lord. Amen.

To my Guardian Angel

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side to light and guard, to rule and guide.
Amen.

For the Souls of the Departed

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen.