Middle School Prayer List

Sign of the Cross

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

Hail Mary

Hail Mary! Full of Grace, the Lord is with thee. Blessed art thou, 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.

Our Father (The Lord's Prayer)

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. Lead us not into temptation, but deliver us from evil.
Amen.

Glory Be

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.

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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.

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.

Act of Contrition

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 things. I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

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Nicene Creed

I believe in one God, the Father almighty, maker of Heaven and Earth, of all things visible and invisible. I believe in one Lord, Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation, He came down from Heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into Heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life for the world to come.

Amen.

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The 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, the resurrection of the body, and life everlasting.
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.
Amen