

Appendix Prayers

The Sign of the Cross

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

Grace After Meals

We give you thanks, almighty God, for these and all thy benefits, which we have received from thy bounty, through Christ our Lord. 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.

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.

Fatima Prayer

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those most in need of your mercy.

Guardian Angel Prayer

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

Act of Contrition

O my God, I am heartily sorry for having offended you, 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 you, my God, who are all good and deserving of all my love. And I firmly resolve, with the help of your grace, to sin no more, to avoid the near occasion of sin, and to amend my life. Amen.

Hail Holy Queen

Hail, Holy Queen, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy towards us. And after this, our exile, show unto us the blessed fruit of your 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. Amen.

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 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 death. He ascended into heaven, and is seated at the right hand of the Father, from thence he shall 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 of the world to come. Amen.

Stations of the Cross

The Stations of the Cross is a devotion that meditates on the fourteen major events in Jesus's passion and death. These events are called stations, and they each have an image (a painting or a sculpture) which corresponds to the event we are recalling. Every Catholic parish has these fourteen stations somewhere in the church. Usually, people pray them by walking from station to station. There is no definitive way to pray the stations, but the following is sample from St Alphonsus Liguori.

1. Jesus is Condemned to Death

Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

2. Jesus Takes up His Cross

Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father, in our behalf, the death He was about to suffer.

3. Jesus Falls for the First Time

Consider the first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross.

4. Jesus Meets His Mother

Consider how the Son met His Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so much.

5. Simon of Cyrene Helps Carry the Cross

Consider how weak and weary Jesus was. At each step He was on the point of expiring. Fearing the He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord.

6. Veronica Wipes the Face of Jesus

Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of His sacred countenance.

7. Jesus Falls the Second Time

Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord.

8. Jesus Meets the Weeping Women

Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as he walked along. Jesus said to them, "Weep not so much for me, but rather for your children."

9. Jesus Falls the Third Time

Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten his steps though He hardly had strength to move.

10. Jesus is Stripped of His Garments

Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to His lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated.

11. Jesus is Nailed to the Cross

Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish.

12. Jesus Dies on the Cross

Consider how your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies.

13. Jesus is Taken Down from the Cross

Consider how, after Our Lord had died, he was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom.

14. Jesus is placed in the Tomb

Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed.

Eucharistic Adoration

Catholics believe in the real presence of Jesus in the Eucharist. This means that the bread and the wine become the body, blood, soul, and divinity of Jesus. The Lord is physically present, even though all we see are the appearances of bread and wine. Since Jesus is really present in the host, we can worship and adore it because we are actually worshipping Jesus. One way that Catholics honor the real presence of Jesus in the Eucharist is by placing the host in a beautiful display case (called a monstrance). This is called Eucharistic Adoration. Adoration begins with the hymn "O Salutaris Hostia" then there is a reading or a time for silent prayer. At the end, everyone sings the "Tantum Ergo" and the priest or deacon blesses everyone with the Eucharistic host. While the priest or deacon removes the host, it is customary to pray the Divine Praises.

(At the Beginning)

O salutaris Hostia,
Quæ cæli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.
Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

O saving Victim, opening wide
The gate of Heaven to us below;
Our foes press hard on every side;
Thine aid supply; thy strength bestow.
To thy great name be endless praise,
Immortal Godhead, One in Three.
O grant us endless length of days,
In our true native land with thee.
Amen.

(At the End)

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Præstet fides supplementum
Sensuum defectui.
Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.
Amen.

Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.
To the Everlasting Father,
And the Son Who reigns on high
With the Holy Ghost proceeding
Forth from Each eternally,
Be salvation, honour, blessing,
Might, and endless majesty.
Amen.

The Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true man.

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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Rosary

Besides the Mass, there is no prayer more stereotypically Catholic than the rosary. Almost everyone knows what the rosary looks like, but most people do not know that it is a prayer or how to pray it. The rosary is a way of reciting the Our Father and the Hail Mary while praying on some event in Jesus' life. The whole rosary is nothing but a giant meditation on the Gospel. The Our Father comes from Jesus' teaching on prayer. The Hail Mary is almost entirely taken from the words of the archangel Gabriel at the Annunciation. These prayers are broken up into five sections called decades, with each decade beginning with the Our Father and ten Hail Mary's and concluding with the Glory Be.

Step 1: While holding the cross, say the Apostles Creed.

Step 2: On the first large bead, say the Our Father. Then say a Hail Mary for each of the three small beads. After that, say a Glory Be.

Step 3: On the second large bead (the last bead on the little part of the rosary), say an Our Father. Then, moving counter-clockwise, find the first set of ten small beads, and say a Hail Mary on each bead. After the last small bead, say a Glory Be.

Step 4: On the next large bead, say an Our Father. Then, say a Hail Mary on each of the small beads. After the last bead, say a Glory Be. Repeat this process until you get all the way around the rosary.

Step 5: Conclude with the Hail Holy Queen.

Each decade of the rosary has its own part of Jesus's life to meditate upon. These events in the lives of Jesus and Mary are called mysteries because they are so full of God's power that we can never fully grasp them.

The Joyful Mysteries (said on Monday and Saturday)

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. Mary and Joseph Finding Jesus in the Temple

The Sorrowful Mysteries (said on Tuesday and Friday)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Death of Jesus

The Glorious Mysteries (said on Wednesday and Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Crowning of Mary as Queen of Heaven and Earth

The Luminous Mysteries (said on Thursday)

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Preaching of Jesus and the Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist at the Last Supper

Lectio Divina

Catholics believe that the Bible is the inspired Word of God. This means that the texts of Scripture are more than just historical writings from people long ago. As the Word of God, these texts of Scripture are addressed to us today as much as to the people they were originally directed to. How do we hear God's voice in a Bronze Age text? The Church has always taught that one way to hear the voice of God is by praying on Scripture and letting it speak to our hearts. This is called *lectio divina* or "divine reading".

Step 1: Read a piece of Scripture slowly and out loud. Find a word or phrase that sticks out to you. This is called *lectio*.

Step 2: Re-read that word or phrase out loud several times. Try to memorize it. Try to memorize everything you read out loud. This is called *meditatio*.

Step 3: Pray about what you memorized. What is God saying in that word or phrase? What do you want to say to God? This is called *oratio*.

Step 4: Listen to what God has to say in response to your prayer. What does God want to say to you now? Sit in quiet for at least five minutes and let your prayer and listening settle into your heart. This is called *contemplatio*.

4 Parts of the Mass

Introductory Rites

The Introductory Rites make up the first part of Mass. They serve to unite the minds and hearts of the assembly to worship the Lord. They begin with the Sign of the Cross and the greeting “The Lord be with you” to show that we are gathering as God’s people and not in our own name. Then we all acknowledge our need for the Lord’s forgiveness and our need to praise his glory. The Introductory Rites end with the Collect or Opening Prayer.

Sign of the Cross
Greeting
Penitential Rite
Gloria
Collect

Liturgy of the Word

Now that the assembly has prepared to worship, they are ready to listen to the Word of God. When the Scripture is proclaimed in the Liturgy, Jesus really speaks to his people. The First Reading is usually from the Old Testament. Then there is a psalm to prayerfully reflect on the First Reading. The Second Reading is taken from some part of the New Testament, but is not necessarily connected to the First Reading and the Psalm. The Gospel reading is always a fulfillment of the First Reading and the Psalm. After the readings, the homily serves to explain the Scripture and encourage the faithful to live the Christian life. After hearing the Word of God, the Church invites the faithful to respond to that word in faith by saying the Creed and praying the Universal Prayer.

First Reading
Psalm
Second Reading
Alleluia
Gospel
Homily
Creed
Universal Prayer

Liturgy of the Eucharist

After hearing the Word of God and responding in faith, we now move to the Liturgy of the Eucharist where that Word becomes flesh. First the people offer bread and wine as symbols of themselves and their prayers. The priest offers the bread and wine and then concludes with the Prayer Over the Offerings. The Preface begins with a dialogue and concludes with the Holy Holy Holy. In the Eucharistic Prayer, the priest acts in the person of Christ the Head and in the name of the Church. Jesus takes our offering of bread and wine and changes it into his offering of his body and blood on the cross. When the prayer is over, the Church responds in faith with the Great Amen.

Offertory
Prayer Over the Offerings
Preface
Holy Holy Holy
Eucharistic Prayer
Great Amen

Communion and Concluding Rites

Once Christ has come down on our altar, he is broken so that we can receive him in Holy Communion. All the prayers before communion are supposed to prepare us to fruitfully receive Jesus's body and blood. After we receive Jesus's body and blood, the Church sends us out to be Christ in the world.

Our Father
Sign of Peace
Lamb of God and Fractioning
"Lord I am not worthy..."
Communion
Prayer After Communion
Final Blessing
Dismissal

Scripture

The Catholic Church recognizes 73 books of the Bible as the inspired Word of God. However, all of these individual books are also one unified book because they all speak of Christ. We can divide Scripture into two main sections, the Old Testament and the New Testament. Within each testament, we can further divide the books into four groups: special books, historical books, wisdom books, and prophetic books.

Old Testament

Special Books (Pentateuch / Torah)

Genesis
Exodus
Leviticus
Numbers
Deuteronomy

Wisdom Books

Tobit
Judith
Esther
Psalms
Job
Proverbs
Ecclesiastes
Song of Songs
Wisdom
Sirach

Historical Books

Joshua
Judges
Ruth
1 Samuel
2 Samuel
1 Kings
2 Kings
1 Chronicles
2 Chronicles
Ezra
Nehemiah
1 Maccabees
2 Maccabees

Prophetic Books

Hosea
Amos
Micah
Joel
Obadiah
Jonah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi
Isaiah
Jeremiah
Baruch
Lamentations
Ezekiel
Daniel

New Testament

Special Books (Gospels)

Matthew
Mark
Luke
John

Wisdom Books

Romans
1 Corinthians
2 Corinthians
Galatians
Ephesians
Philippians
Colossians
1 Thessalonians
2 Thessalonians
1 Timothy
2 Timothy
Titus
Philemon
Hebrews
James
1 Peter
2 Peter
1 John
2 John
3 John

Historical Books

Acts

Prophetic Books

Jude
Revelation

6 Covenants of Scripture

As noted earlier, even though the Bible contains many books, it is still one book because all the books tell the same story. This main storyline of the Bible is the story of God's covenants with specific people leading up to the New Covenant with the whole human race in Jesus.

1. Adam and Eve: God creates men and women in his own image and likeness. Even after Adam and Eve turn away from God by sin, God promises to send a savior.

2. Noah: After bringing the flood upon the world, God promises to never destroy the world again. God will use Noah and his children to make a new human family. The covenant has gone from one couple to a family.

3. Abraham: God promises Abraham that he will receive a land, countless decedents, and that Abraham will be a source of blessing for the whole world. Abraham responds in faith, and the covenant goes from a family to a clan.

4. Moses: Under Moses, God accepts all the children of Abraham and forges them into a people with unique structures. The People of God receive the Ten Commandments, the priesthood, and instructions on how to worship God. The covenant has gone from a clan to a people.

5. David: Under David, the People of God become a kingdom on the world stage. God promises David that one of his children would always sit upon the throne. Under this covenant, Israel builds the Temple. The covenant has gone from a people to a nation.

6. Jesus: As the Son of God made man, Jesus is the author of the New Covenant between God and his people. Jesus fulfills all the promises in all the other covenants. By his death and resurrection, Jesus saves his people from sin and allows for a new time in human history. Jesus is the blessing for the whole world. He gives his people laws, a Church (structured community), and worship. As the descendent of David raised in glory, Jesus sits at the right hand of God forever. In Jesus, the covenant has gone from the nation of Israel to all the nations on the face of the earth. This is why the Church is composed of people from all nations and walks of life.