

Sign of the Cross

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

Act of Contrition

My God, I am sorry for my sins.
In choosing to sin, and failing to do good,
I have sinned against you and your Church.
I firmly intend, with the help of your Son,
to do penance and to sin no more.
Amen.

Nicene Creed

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one being with the Father.

Through him all things were made.

For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he was born of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate;
he suffered, died, and was buried
On the third day he rose again
in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.

With the Father and the Son
he is worshipped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,
and the life of the world to come.

Amen.

The Our Father for Kids

(Like the Pledge of Allegiance or anything else we say both often and quickly, the meaning of the Our Father, with its old-fashioned language, can be lost on children. Here's a translation for kids.)

Our Father who art in heaven,
God, who lives in heaven,

Hallowed be thy name,
Your name is holy. You are holy.

Thy kingdom come.
*May our world become a place where all live
the way you want them to live.*

Thy will be done, on earth, as it is in heaven.
*May things happen exactly as you want them to here on earth,
just as they do already in heaven.*

Give us this day our daily bread.
Each day give us the things we need to stay alive.

And forgive us our trespasses
as we forgive those who trespass against us.
*God, when we do something wrong, forgive us in the same way
that we forgive other people who do wrong things to us.*

Lead us not into temptation.
Help us not to think about doing things that are wrong.

But deliver us from evil.
Keep us away from all that is not loving and good.

Amen.

Yes. I believe. It is true.

taken from: At Home with our Faith