

## Prayers to say every day this week

**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.

**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.

**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.

### ***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 and guard, to rule and guide.

### ***Prayer Before Meals: Say this before you eat, always***

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

### ***Prayer After Meals: Say this after you eat, every time.***

We give thee thanks, for all thy benefits, Almighty God, Who lives and reigns forever.

### ***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 all 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.

### ***Morning Offering***

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month.

### ***The 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 the 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 of the world to come.

Amen.

The **7 Sacraments** are: Baptism, Confession, Communion, Confirmation, Marriage, Holy Orders, Anointing of the Sick

### ***The Ten Commandments***

1. I am the Lord, your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Name \_\_\_\_\_ Date \_\_\_\_\_

I certify that my child prayed these prayers on Wednesday. Morning.  
Certifico que mi hijo hizo estas oraciones el miércoles por la mañana. \_\_\_\_\_

I certify that my child prayed these prayers on Wednesday. Evening.  
Certifico que mi hijo hizo estas oraciones el miércoles por la noche. \_\_\_\_\_

I certify that my child prayed these prayers on Thursday. Morning.  
Certifico que mi hijo hizo estas oraciones el jueves por la mañana. \_\_\_\_\_

I certify that my child prayed these prayers on Thursday. Evening.  
Certifico que mi hijo hizo estas oraciones el jueves por la noche. \_\_\_\_\_

I certify that my child prayed these prayers on Friday. Morning.  
Certifico que mi hijo hizo estas oraciones el viernes por la mañana. \_\_\_\_\_

I certify that my child prayed these prayers on Friday. Evening.  
Certifico que mi hijo hizo estas oraciones el viernes por la noche. \_\_\_\_\_

I certify that my child prayed these prayers on Saturday. Morning.  
Certifico que mi hijo hizo estas oraciones el sábado por la mañana. \_\_\_\_\_

I certify that my child prayed these prayers on Saturday. Evening.  
Certifico que mi hijo hizo estas oraciones el sábado por la noche. \_\_\_\_\_

I certify that my child prayed these prayers on Sunday. Morning.  
Certifico que mi hijo hizo estas oraciones el domingo por la mañana. \_\_\_\_\_

I certify that my child prayed these prayers on Sunday. Evening.  
Certifico que mi hijo hizo estas oraciones el domingo por la noche. \_\_\_\_\_

I certify that my child prayed these prayers on Monday. Morning.  
Certifico que mi hijo hizo estas oraciones el lunes por la mañana. \_\_\_\_\_

I certify that my child prayed these prayers on Monday. Evening.  
Certifico que mi hijo hizo estas oraciones el lunes por la noche. \_\_\_\_\_

I certify that my child prayed these prayers on Tuesday. Morning.  
Certifico que mi hijo hizo estas oraciones el martes por la mañana. \_\_\_\_\_