

Diocese of Peoria Prayers to Know

The Sign of the Cross

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

Doxology (Glory Be to the Father)

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.

Hail Mary

Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou among women and blessed is the fruit of the womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Lord's Prayer (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.

Blessing before Meals

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

Blessing after Meals

We give thee thanks, for all thy benefits, Almighty God, who live and reign forever.

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. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Apostle's 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 of sins, the resurrection of the body, and life everlasting. Amen.

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 of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Night Prayer

My God, I thank you for all the blessings you have given me this day. I offer you my sleep and all the moments of this night. I put myself in your hands and under the mantle of our Lady. Let your holy angels stand about me and keep me in peace. And let your blessing be on me. Amen.

Prayer for the Faithful Departed

Eternal rest grant unto them O Lord, and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

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 Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother, to thee I come, sinful and sorrowful, O Mother of the Word Incarnate, despise not my petitions but hear and answer me. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

Let us Pray:

Oh God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, Our Lord. Amen.

Prayer to Saint Michael the Archangel

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray. And do thou, O Prince of the Heavenly Host, by the Power of God, thrust into hell Satan and all the evil spirits who prowl about the earth seeking the ruin of souls. Amen.

Angelus

Verse:

The Angel of the Lord declared unto Mary.

Response:

And she conceived of the Holy Spirit.

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.

Verse:

Behold the handmaid of the Lord.

Response:

Be it done unto me according to thy word.

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.

Verse:

And the Word was made flesh.

Response:

And dwelt among us.

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.

Verse:

Pray for us, O holy Mother of God

Response:

That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

Regina Caeli

Queen of heaven, rejoice, alleluia. The Son who you merited to bear, alleluia, has risen as he said, alleluia. Rejoice and be glad, O Virgin Mary, alleluia! For the Lord has truly risen, alleluia.

Let us pray:

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, 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 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.

Prayer of St. Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

Grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, And it is in dying that we are born to eternal life.

Prayer for Vocations

Gracious God, You have called me to life and gifted me in many ways. Through Baptism You have sent me to continue the mission of Jesus by sharing my love with others. Strengthen me to respond to Your call each day. Help me to become all You desire of me. Inspire me to make a difference in other's lives. Lead me to choose the way of life You have planned for me. Open the hearts of all to listen to your call. Fill all with Your Holy Spirit that we may have listening hearts and the courage to respond to You. Enkindle in my heart and the hearts of others the desire to make the world a better place by serving as Lay Minister, Sister, Priest, Brother or Deacon. Amen.

Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Right judgement
4. Courage
5. Knowledge
6. Reverence
7. Fear of the Lord

Fruits of the Holy Spirit

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Generosity
7. Faithfulness
8. Gentleness
9. Self-control
10. Goodness
11. Modesty
12. Chastity

Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they shall be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

(Matthew 5:3-10)

Corporal Works of Mercy

Feed the hungry

Give drink to the thirsty

Clothe the naked

Shelter the homeless

Visit the sick

Visit the imprisoned

Bury the dead

Spiritual Works of Mercy

Instruct

Counsel

Forgive

Pray for others

Admonish

Comfort

Bear wrongs patiently

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.

The Greatest Commandment

The Ten Commandments are fulfilled in Jesus' Great Commandment:

"You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.... You shall love your neighbor as yourself."

(Mark 12:30-31)

The Stations of the Cross

1. Jesus is Condemned to Death
2. Jesus Takes up His Cross
3. Jesus Falls the First Time
4. Jesus Meets His Sorrowful Mother
5. Simon of Cyrene Helps Jesus Carry the Cross
6. Veronica Wipes the Face of Jesus
7. Jesus Falls a Second Time
8. Jesus Meets the Women of Jerusalem
9. Jesus Falls the Third Time
10. Jesus is Stripped of His Garments
11. Jesus is Nailed to the Cross.
12. Jesus Dies on the Cross
13. Jesus is Taken Down from the Cross
14. Jesus is Laid in the Tomb

Sometimes a 15th station is included that reflects on the joy of the Resurrection of Jesus.

How to Pray the Rosary

We hold the crucifix in our hands as we pray the Sign of the Cross and the Apostle's Creed.

Following the crucifix there is a single bead followed by a set of 3 beads and a single bead. The Lord's Prayer is prayed as we hold the first single bead and a Hail Mary at each bead in the set of 3 that follows. Then we pray the Glory Be to the Father. On the next single bead, we say the first mystery and pray the Lord's Prayer.

There are 5 sets of 10 beads; each set is called a decade. We pray a Hail Mary on each bead of the decade. The Glory Be to the Father is prayed at the end of each decade. Between the decades is a single bead on which we say the next Mystery and pray the Lord's Prayer. After the last decade, we pray the Hail, Holy Queen. We end by holding the Crucifix in our hands as we pray the Sign of the Cross.

The Joyful Mysteries (Monday & Saturday)

1. The Annunciation - Mary learns that she has been chosen to be the mother of Jesus.
2. The Visitation - Mary visits Elizabeth, who tells Mary that she will always be remembered.
3. The Nativity - Jesus is born in a stable in Bethlehem.
4. The Presentation - Mary and Joseph bring the infant Jesus to the Temple to present him to God.
5. The Finding of Jesus in the Temple - Jesus is found in the Temple discussing his faith with the teachers.

The Luminous Mysteries (Thursday)

1. The Baptism of Jesus in the River Jordan - God the Father proclaims that Jesus is his beloved Son.
2. The Wedding Feast at Cana - At Mary's request, Jesus performs his first miracle.
3. The Proclamation of the Kingdom of God - Jesus calls all to conversion and service to the kingdom.
4. The Transfiguration of Jesus - Jesus is revealed in glory to Peter, James and John.
5. The Institution of the Eucharist - Jesus offers his Body and Blood at the Last Supper.

The Sorrowful Mysteries (Tuesday & Friday)

1. The Agony in the Garden - Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar - Jesus is lashed with whips.
3. The Crowning with Thorns - Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross - Jesus carries the cross that will be used to crucify him.
5. The Crucifixion - Jesus is nailed to the cross and dies.

The Glorious Mysteries (Wednesday & Sunday)

1. The Resurrection - God the Father raises Jesus from the dead.
2. The Ascension - Jesus returns to his Father in Heaven.
3. The Coming of the Holy Spirit - The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary - At the end of her life on earth, Mary is taken body and soul into Heaven.
5. The Coronation of Mary - Mary is crowned as Queen of Heaven and Earth.

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Holy, Holy, Holy (Sanctus)

Holy, Holy, Holy Lord God of hosts, Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Gloria

Glory to God in the highest, and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

Guide for Making an Individual Confession

- Begin by making the sign of the cross & saying "Bless me Father for I have sinned. It has been (how long?) since my last confession."
- The priest may give you a blessing at this time. If he has already done so, continue by confessing your sins to the best of your ability: "These are my sins..."
- You may conclude by saying: "For these and all my sins, I am sorry."
- The priest may offer some advice and assign you your penance. He may then ask you to pray the Act of Contrition.
- The priest will then grant you Absolution to which you respond Amen.
- The priest may say "Give thanks to the Lord, for He is good." You respond: "His mercy endures forever!" The Priest may then say: "Go in Peace."
- After confession, pray or perform your penance as soon as possible. It is a good practice to pray an extra prayer for your priest-confessor.

The Order & Meaning of the Mass

The Mass is the high point of the Christian life, and it always follows a set order.

Introductory Rites

We prepare to celebrate the Eucharist.

Entrance Chant

We gather as a community praising God in song.

Greeting

We pray the Sign of the Cross, recognizing the presence of Christ in the community.

Penitential Act

We acknowledge our sins and ask God for mercy.

Gloria

We praise God in song by singing or saying the Gloria.

Collect Prayer

The priest gathers all our prayers into one.

Liturgy of the Word

We hear the story of God's plan for Salvation.

First Reading

We listen to God's Word, usually from the Old Testament.

Responsorial Psalm

We respond to God's Word, usually in song.

Second Reading

We listen to God's Word, usually from the New Testament.

Gospel Acclamation

We sing or pray "Alleluia!" to praise God for the Good News. During Lent a different acclamation is used.

Gospel Reading

We stand to acclaim Christ present in the Gospel.

Homily

The priest or deacon explains God's Word.

Profession of Faith

We proclaim our faith through the Creed.

Prayer of the Faithful

We pray for our needs and the needs of others.

Liturgy of the Eucharist

We celebrate the meal that Jesus instituted at the Last Supper and remember the sacrifice he made for us.

Presentation and Preparation of the Gifts

We bring gifts of bread and wine to the altar.

Prayer over the Offerings

The priest prays that God will accept our sacrifice.

Eucharistic Prayer

This prayer of thanksgiving is the center and high point of the entire celebration.

Preface Dialogue

We give thanks and praise to God.

Preface Acclamation (or Holy, Holy, Holy)

We sing an acclamation of praise.

Institution Narrative

The bread and wine truly become the Body and Blood of Jesus Christ.

The Mystery of Faith

We proclaim Jesus' Death and Resurrection.

Communion Rite

We prepare to receive the Body and Blood of Jesus Christ.

The Lord's Prayer

We pray the Lord's Prayer.

Sign of Peace

We offer one another Christ's peace.

Lamb of God

We pray for forgiveness, mercy and peace.

Communion

We receive the Body and Blood of Jesus Christ.

Prayer after Communion

We pray that the Eucharist will strengthen us to live as Jesus Christ did.

Concluding Rites

At the conclusion of Mass, we are blessed and sent forth.

Final Blessing

We receive God's blessing.

Dismissal

We go in peace to glorify the Lord in our lives.