



PRAYERS FOR CHILDREN

The Sign of the Cross

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

The Lord's Prayer, or 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.

Grace Before Meals

Bless us, O Lord, and these your gifts, which we are about to receive from your Bounty, Through Christ our Lord, Amen.

To the Guardian Angel

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

An 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 revealed them, who can neither deceive nor be deceived.

Bedtime Prayers

Now I lay me down to sleep, I pray the Lord my soul to keep. If I die before I wake, I pray the Lord my soul to take.

Now I lay me down to sleep, I pray the Lord my soul to keep. See me safely through the night, And wake me with the morning light.

Adoration

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.

The Angelical Salutation, or Hail Mary

Hail Mary, full of grace, the Lord is with you. Blessed are you 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.

An Act of Contrition (many variations)

My Lord I am heartily sorry for all my sins, help me to live like Jesus and not sin again. Amen

O My God, I am very sorry that I have sinned against You. Because You are so good, and with your help, I will try not to sin again. Amen

An Act of Hope

O My God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer

An Act of Charity

O My God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured.

Angels Around my Bed (variations)

Matthew, Mark, Luke and John; Bless this bed that I lay on. Four corners around my bed, Four angels around my head. One to watch; One to pray; and Two to take my soul away

Four corners on my bed, Four angels 'round my head; Matthew, Mark, Luke and John, Bless this bed that I lay on.