

Prayer Book



St. Gabriel The Archangel
Roman Catholic Parish
Chestermere

Sign of the Cross

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

The Lord's Prayer

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 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.

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.

Gloria

Glory to God in the highest, and peace to His people on earth.
Lord. God, heavenly King, almighty God and Father, we
worship you, we give you thanks, we praise you for your glory.
Lord Jesus Christ, only Son of the Father; Lord God, Lamb of
God, you take away the sin of the world: have mercy on us; you
are seated at the right hand of the Father; receive our prayer.
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.

Apostle's Creed

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day He arose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the resurrection of the body, and the life everlasting. Amen.

Act of Faith

Lord God, I believe that you are the one God in three Persons. I believe that you are the Father, Son and Holy Spirit. I believe that a new life opened for me through the death and resurrection of your Son and that your love and guidance continue through your Holy Spirit. I believe in the truths taught by your holy, catholic and apostolic Church. By responding in love to your gifts, I believe that I shall share in eternal joy with you. This is my belief, Lord God, and my belief is my joy. Amen

Act of Hope

Lord God, trusting in your deep love and goodness, I hope to receive continued forgiveness for my faults and your guidance and help in avoiding sin. My hope for eternal life and joy with you fills me with joy and love each day I live. Amen

Act of Love

Lord God, You continually share your great love with me through the gifts in my life. In an attempt to imitate your great goodness and show my love in return, I will strive to love you with all my heart, all my mind, and all my strength. And I will seek to love my neighbor as myself. Lord, teach me to love even more. Amen.

Prayer to My Guardian Angel

Oh 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 to guide.

Amen

Grace Before Meals

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

The Works of Mercy

To Feed the hungry.
To give drink to the thirsty
To clothe the naked
To visit the imprisoned
To shelter the homeless.
To visit the sick. To bury the dead.

The Ten Commandments

1. I the Lord, am your God. You shall have no other gods
beside me.
2. You shall not take the name of the Lord, your God, in
vain.
3. Remember to keep holy the Sabbath day.
4. Honour your father and your 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 neighbour
9. You shall not covet your neighbour's wife.
10. You shall not covet anything that belongs to your
neighbour

The Seven Sacraments

1. Baptism - Becoming a Christian
2. Holy Communion - Jesus in the Eucharist
3. Reconciliation - Forgiveness of sins
4. Confirmation - Sealing with the Holy Spirit
5. Matrimony - Marriage
6. Holy Orders - Ordained a bishop, priest or deacon
7. Anointing of the Sick - Strength when we are ill.

The Confiteor

I confess to almighty God and to you my brothers and sisters, that I have sinned through my own fault. In my thoughts and in my words, in what I have done and in what I have failed to do. And I ask the Blessed Mary, ever Virgin, all the angels and saints and you, my brothers and sisters, to pray for me to the Lord our God.

The Beatitudes

1. Blessed are the poor in spirit, for the kingdom of heaven is theirs.
2. Blessed are those who are sad, for they shall be comforted.
3. Blessed are the mild and gentle, for they shall inherit the land.
4. Blessed are those who hunger and thirst for justice, for they shall be filled.
5. Blessed are the merciful, for they shall receive mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are those who make peace, for they shall be called children of God. Blessed are those who suffer for My sake, for heaven will be theirs.

Sacrament of Reconciliation

1. You will meet the priest who will welcome you with joy in the name of Jesus and of the Church. Return the priest's greeting.
2. You will make the Sign of the Cross together.
3. You will tell the priest **“BLESS ME FATHER FOR I HAVE SINNED THIS IS MY FIRST RECONCILIATION (MY LAST RECONCILIATION WAS... THESE ARE MY SINS**

FOR THESE AND ALL MY SINS I AM VERY SORRY

4. Listen to the priest who will encourage you to love the Lord and to do better. He will help you to decide what to do to make up for your sins. (This will be your "penance".)
5. The priest will ask you to say an act of contrition to show God that you are sorry and that you want to love him more.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven, and the pains of Hell; but most of all because I love Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Then the priest will give you the sign of God's pardon by saying: Prayer Absolution

God the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I

absolve you from your sins (Here the penitent is invited to make the Sign of the Cross) in the name of the Father, and of the Son, and of the Holy Spirit. Amen

3. Finally, the priest will wish you peace and you will thank him as you leave.
4. Then you will go and kneel in front of the tabernacle behind the altar and pray one 'Our Father'.

The Rosary

The Order of Prayers

The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys (traditionally offered for an increase in faith, hope, and charity for those praying the Rosary), a Glory Be. Next come five mysteries, each consisting of one Our Father, ten Hail Marys, a Glory Be. Conclude with the Hail Holy Queen. Please say a few extra prayers after the Hail Holy Queen for the Pope.

Rosary Beads

If you do not have Rosary beads, it is perfectly okay to count with your fingers. Counting beads frees your mind to help you meditate.

Prayers for Praying the Rosary

The Apostle's Creed

Our Father

Hail Mary

Glory Be

Fatima Prayer (Optional)

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

The Joyful Mysteries

The Annunciation:

The Visitation:

The Nativity:

The Presentation:

The Finding in the Temple:

The Luminous Mysteries (The Mysteries of Light)

The Baptism in the Jordan:

The Wedding at Cana:

The Proclamation of the Kingdom:

The Transfiguration:

The Institution of the Eucharist:

The Sorrowful Mysteries

The Agony in the Garden:

The Scourging at the Pillar:

The Crowning with Thorns:

The Carrying of the Cross:

The Crucifixion:

The Glorious Mysteries

The Resurrection:

The Ascension:

The Descent of the Holy Spirit:

The Assumption:

The Coronation:

Mysteries for Certain Weekdays

Monday - Joyful

Tuesday - Sorrowful

Wednesday - Glorious

Thursday - Luminous

Friday - Sorrowful

Saturday - Joyful

Sunday - Glorious