**Catholic Prayers to Know**

 **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 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.

**Grace Before Meals**

Bless Us O Lord and these thy gifts

which we are about to receive from thy bounty

through Christ Our Lord. Amen.

**Act of Contrition**

O 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 make up for my sins and to love as I should.

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