

Prayer Olympiad

All Prayers

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.

Glory Be (Doxology)

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

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 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. Amen.

Angel of God

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

Morning Offering for Young Children

Oh my Jesus,
I offer you this day,
all my thoughts and work and play.
Help me to be good in all I do:
gentle, loving, and kind like you.
Please bless our world with your grace,
bring peace and love to every place.
Teach me to do what pleases you
that I may serve you and be true.
Hold in your hand my family dear,
and always Lord be very near. Amen.

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Prayer to St. Michael

St. Michael the Archangel,
defend us in battle;
be our defense against the
wickedness and snares of the devil.
May God rebuke him, we humbly pray.
And do you, O prince of the heavenly
hosts, by the power of God,
thrust into hell Satan and the evil spirits
who prowl about the world for
the ruin of souls. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of
Mary, I offer you all my prayers, works, joys,
and sufferings of this day for all the
intentions of Your most Sacred Heart,
In union with the most Holy Sacrifice of the
Mass throughout the world, in reparation
for my sins, for the sins of the whole world,
and for the protection of the Holy Father
the Pope. I wish to gain all the indulgences
attached to the prayers I shall say and
the good works I shall perform this day.
Amen.