

# Prayers to Know

## **The Sign Of The Cross**

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

## **The 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

## **The 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

## **The Act of Contrition**

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and pains of hell. But most of all because they offend Thee, my God, who are 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.