



Prayers to learn and to say daily



Morning Offering

Dear Jesus, I offer you my work, my happiness and my fears today.

Please take care of my family, my friends, and me.

Mary, dearest Mother, help me to grow like Jesus in everything I do. Amen.

Night Prayer

Dear Jesus, before I sleep tonight,
I want to thank you for being with me today.

As I go to bed, keep me and all those dear to me in your loving care. Amen.

Prayer to our Guardian Angel

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.

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.

Grace after Meals

We give you thanks, almighty God, for all these gifts
which we have received from your goodness,
through Christ, Our Lord, Amen.

Act of Contrition

O my God, because you are so good, I am very sorry that I
have sinned against you and with the help of your grace, I will
try not to sin again.

The Memorare

Remember, O most loving Virgin Mary, that it is a thing
unheard of, that anyone ever had recourse to your protection,
implored your help, or sought your intercession, and was left
forsaken.

Filled, therefore, with confidence in your goodness
I fly to you, O Mother, Virgin of virgins.
To you I come, before you I stand, a sorrowful sinner.
Despise not my poor words, O Mother of the Word of God,
but graciously hear and grant my prayer. Amen.