

**St. Joseph the Worker
Prayer Study Guide**

The Sign of the Cross

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

Glory Be to the Father

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.

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 thee; blessed are Thou among women,
and blessed is the fruit of Thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners, now and at the hour of
our death. Amen.

Blessing Before Meals

Bless us, O Lord, and these, Thy gifts which we are about to receive from Thy
bounty, through Christ our Lord. Amen.

Guardian Angel Prayer

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, rule and guide. Amen

Act of Contrition

Oh my God, I am heartily sorry for having offended Thee, and I detest
all my sins, because of Thy just punishments, 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 sin no more, and to
avoid the near occasions of sin. Amen.

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead, He ascended into heaven and is seated at the right hand of God, the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Confiteor (as recited during Mass)

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary, ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen

Hail Holy Queen

Hail, holy Queen, Mother of mercy; our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy toward us. And after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us o Holy Mother of God. R. That we may be made worthy of the promises of Christ.

Kindergarten Sign of the Cross, Glory Be, Guardian Angel Prayer

1st – same as Kindergarten + Our Father

2nd – same as K & 1st + Act of Contrition, Hail Mary

3rd – same as K, 1st, 2nd + Blessing Before ~~and after Meals~~

4th – Same as K, 1st, 2nd, 3rd + Apostles Creed

5th – same as K, 1st, 2nd, 3rd, 4th + Confiteor, Hail Holy Queen

6th – All of the above