

Holy Prayers

Most Simple Repeat over and over as many times as is needed.

Jesus or

Jesus, Jesus, Jesus or

Jesus, Jesus, Jesus!

(I trust in You, even if my eyes are closed)

At the name of Jesus, every knee will bend, every tongue confess Him, "King of Glory now!"

The Sign of the Cross

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

Amen

Begin and end each prayer with the Sign of the Cross. It is your salutary and closing with your visit with God.

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.

Meditate on each phrase with full consciousness. Even if you don't finish the prayer. Try and relate with each phrase as you visualize it with your mind and heart in the present moment.

The Hail Mary

Hail Mary full of grace! The Lord is with thee;
Blessed art 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.

Prayer to Mary, the Holy Mother of God. This prayer is our intercession with Our Lord, Jesus for She is His Mother. What son would refuse his mother? She was the first to ask Our Lord for a miracle – changing water into wine for the wedding celebration in Cana. This prayer is what is prayed on each bead of each decade of Her Holy Rosary. Visualize being full of grace. By Baptism we are new creatures..."full of grace".

Holy Prayers

The Glory Be

All glory be to the Father, the Son and to the Holy Spirit
As it was in the beginning, is now and ever shall be,
Now and Forever

Amen

Prayer to Your 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 my life.

Amen

Prayer to St. Michael the Archangel

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 thou,
O Prince of the heavenly hosts,
by the power of God,
trust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls.

Amen

**No one has seen the
face of God except by
what mankind
experienced at the time
of Jesus, the Son of God
and the Son of Mary.
One God, yet there is
three persons in God.
All glory and honor
belongs to God.**

Holy Prayers

The Apostle's 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, rose from the dead;
He ascended in heaven, is seated at the right hand of God, the Father Almighty;
from thence He shall 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

Meditate on each phrase with full consciousness in the present moment (full human awareness using the discipline of Christ). Even if you don't finish the prayer to the end...grace will be received in the revelation of the mystery . In this present moment your personal relationship begins with/in/by each word as you visualize or conceptualize the scene with your mind and heart in the present moment. In sjbes' curriculum this is called the exercise using the "Micro View vs Macro View".

Holy Prayers

Profession of Faith

We believe in one God,
the Father, the Almighty,
Maker of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
of one Being with the Father.

Through Him all things were made.

For us men and for our salvation
He came down from heaven,
And by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake He was crucified under Pontius Pilate;
He suffered death and was buried.

On the third day he rose again
in accordance with the Scriptures;
He ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,
and His Kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of Life,
Who proceeds from the Father and the Son.

With the Father and the Son He is worshipped and glorified.

He has spoken through the Prophets.

We believe in one, holy, catholic and apostolic Church.

We acknowledge one Baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the Life of world to come.

Amen

Holy Prayers

Hail Holy Queen

(concluding the Rosary)

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To Thee do we cry, poor banished children of Eve. To Thee do we send up our sighs, mourning and weeping in the vale of tears! Turn, then, O most gracious Advocate, Thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of Thy 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.

Let us Pray. O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ Our Lord.

Amen