



Presented to

On the occasion of

With prayers and best wishes from

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Prayer is a conversation with God. In every relationship and friendship, communication or talking is necessary for that relationship to continue to grow and be strong. This is true if your relationship or friendship is with a family member, your best friend, or God.

Your conversations with God can take many forms: you can sing; you can pray the prayers in this book; or you can talk to God using your own words. The important thing is to keep your friendship with God healthy by talking to him every day.

The Sign of the Cross



In the name
of the Father,



and of the Son,



and of the Holy



Spirit.



Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. 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 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

Glory
to the Father,
and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.



The Apostles' Creed

I believe in God, the Father
almighty,
Creator of heaven and earth,

and in Jesus Christ, his only Son,
our Lord,

(Here we bow until after the words "the Virgin Mary.")

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.



Act of Faith

O my God, I firmly believe that you are one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that your Divine Son became man and died for our sins, and that he will come again to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

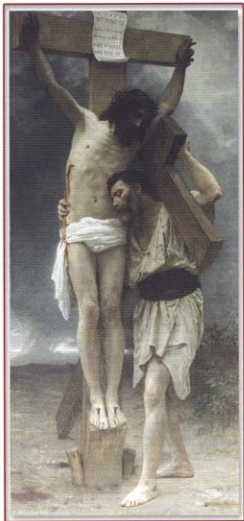
O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured.

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, with your help,
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.

Prayer Before a Crucifix

Look down upon me, good and gentle Jesus, while I kneel before you. I ask you to give me faith, hope, and love, true sorrow for my sins, and the desire to please you more and more. I look with great love and sorrow at your five wounds. And I remember the words which David your prophet said of you, my Jesus: "They have pierced my hands and my feet; they have counted all my bones."



Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts
of your faithful people. Make the fire of
your love burn in us. Come and make
all creation new.



Prayer for Those Who Have Died

Eternal rest grant unto them,
O Lord,
and let perpetual light shine upon
them.
May they rest in peace. Amen.



Prayer to My Guardian Angel

Angel of God, my guardian dear, to
whom God's love entrusts me here. Ever
this day be at my side, to light and guard,
to rule and guide. Amen.

Prayer Before Meals

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



Prayer After Meals

We give you thanks for all your benefits, O loving God, you who live and reign forever. Amen.

Prayer at Night

I adore you, my God, and I love you with all my heart. I thank you for having created me, made me a Christian, and kept me this day. Thank you for the good things I have done today. Forgive me all my sins. Take care of me while I sleep and deliver me from all danger. May your grace be always with me and with all my loved ones. Amen.