

The Our Father and the Hail Mary

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Divine Word Missionary



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THE OUR FATHER

ONE day the Apostles said to Jesus: “Lord, teach us how to pray, as John taught his disciples.” Jesus told them: “When you pray, say as follows:

**“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.”**



God gave me a Guardian Angel to protect me.

But Deliver Us from Evil

HEAVENLY Father, I ask You to protect me from evil—

from everything that may be harmful such as sickness, accidents, and poverty. Keep me in Your loving care, and send Your Angels to protect me.

But I ask You to protect me from the greatest evil in the world—sin! Help me to be sorry for my past sins and to resist temptation in the future.

THE HAIL MARY

The words of the Angel Gabriel:

**Hail Mary, full of grace!
The Lord is with thee.**

The words of Saint Elizabeth:

**Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.**

The words of the Church:

**Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.**