



Sign of the Cross

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

(forehead)
(middle of chest)
(left shoulder, right shoulder)
(fold hands in prayer)

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.



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,
to rule and guide.
Amen



Lord's Prayer (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.

