

LEVEL FIVE PRAYERS

SIGN OF THE CROSS

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

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.

THE 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 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.

ACT OF CONTRITION

O my God, I am sorry for my sins
in choosing to sin
and failing to do good,
I have sinned against you
and your Church.
I firmly intend
with the help of your Son
to make up for my sins
and to love as I should.
Amen.

GRACE BEFORE MEALS

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

GRACE AFTER MEALS

We give You thanks, almighty God,
for these and all Your gifts
which we have received through
Christ our Lord.
Amen.

PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in
battle. Be our safeguard against the wiles
and wickedness of the devil. Restrain him,
O God, we humbly pray, and do Thou,
O Prince of the Heavenly Host, by the power
of God, cast into hell Satan, and all the evil
spirits, who prowl about the world seeking
the ruin and destruction of souls. 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,
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.

