

Lord's Prayer (Our Father) PLUS

Hail Mary

Creed (Credo)

The Ten Commandments

Grace before Meal

The Lord's Prayer in over 300 languages
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THE LORDS PRAYER

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

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 <them> who trespass against us.

And lead us not into temptation: but deliver us from evil. Amen.

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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.

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CREDO / THE CREED

We believe in one God, the Father, the Almighty,

Maker of heaven and earth, of all that 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, one in Being with the Father.

Through Him all things were made.

For us men and for our salvation He came down from heaven:

By the power of the Holy Spirit He was born of the Virgin Mary, and became man.

For our sake He was crucified under Pontius Pilate;

He suffered, died, and was buried.

On the third day He rose again in fulfilment of 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 the world to come. Amen.

THE APOSTLES' CREED

I believe in God, the Father almighty,

Creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.

On the third day He rose again.

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.

I believe in the Holy Spirit, the holy catholic Church,

the communion of saints, the forgiveness of sins,

the resurrection of the body, and the life everlasting.

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THE TEN COMMANDMENTS OF GOD

for Catholic Christians

1. God alone you shall adore - And shall serve Him evermore.
2. Never shall His Name by you - Be lightly used for oaths untrue.
3. The Lord's own day do not forget - A rule to keep it He has set.
4. Your parents you must honour duly, - And He will reward you truly.
5. Human life you must not take, - Nor a soul to stumble make.
6. Acts impure you must not do, - You must leave and hate them too.
7. Others' goods you must not steal - Nor keep without their owner's leave.
8. Of your neighbour speak no ill, - And lying is against God's will.
9. Evil thoughts you must not cherish - Straightaway you must let them perish.
10. Covet no man's goods or treasures, - To obtain by unjust measures.

for Christians

1. I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. Thou shalt not bow down thyself to them, nor serve them.
4. Remember the Sabbath day, to keep it holy. Six days shalt thou labor and do all thy work: but the seventh day is the Sabbath of the Lord thy God.
5. Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.
6. Thou shalt not kill.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.

9. Thou shalt not bear false witness against thy neighbor.
10. Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbor's.

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GRACE BEFORE MEAL

Bless us, O Lord, and these your gifts which of your bounty we are about to receive.

Through Christ our Lord. Amen.

GRACE AFTER MEALS

We give you thanks, O Almighty God, for all your benefits, who lives and reigns, world without end. Amen.

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