



Prayers to Know By Trimester



First Trimester

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.

Hail Mary

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

Glory Be

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.

Second Trimester

An Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all of my sins, because of your just punishments. But most of all because they offend you, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sins. Amen.

Angel of God

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

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.

Grace after Meals

We give you thanks for all your benefits, O Almighty God, who lives and reigns forever and May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Third Trimester

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart; the salvation of souls, reparation for sins, the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.