

# Traditional Prayers

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### Sign of the Cross

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

### 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. For Thy is the Kingdom, the power and the glory, now and forever. Amen

### 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

### Doxology

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

## **Prayer to the Holy Spirit**

*For centuries as a Christian community (since the 1100s), we have prayed, and we have taught our children to pray in these words:*

Come Holy Spirit, Fill the hearts of your faithful; And kindle in us the fire of your love.  
Send forth your Spirit and we shall be recreated. And you, Spirit God, shall renew the face of the earth. O, God, who by the Holy Spirit, have taught the hearts of the faithful,  
Grant that by this same Holy Spirit we may be truly wise to do what is right and true.  
We ask this through Christ our Lord. Amen

## **Peace Prayer of St. Francis of Assisi**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love.  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
Amen.

## **The Grail Prayer**

Lord Jesus, I give you my hands to do your work.  
I give you my feet to go your way. I give you my eyes to see as you do.  
I give you my tongue to speak your words. I give you my mind that you may think in me.  
I give you my spirit that you may pray in me.  
Above all, I give you my heart that you may love in me your Father and all humankind.  
I give you my whole self that you may grow in me, so that it is you, Lord Jesus,  
who live and work and pray in me.