

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed the fruit of thy
womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners, now and at
the hour of our death. 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 who
trespass against us;
and lead us not into
temptation, but deliver us
from evil.

Nightly Family Prayers

Build positive prayer habits by practicing our tradition's common prayers at bedtime with your children.

1. Say the Hail Mary or Our Father.
2. Ask your children what they are thankful for.
3. Ask them if they have any special intentions.
4. End with the Glory Be or Act of Contrition.

Alternate the four prayers so your kids can learn the words to all of them.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen.

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.