

## Traditional

### *The Sign of the Cross*

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

### *The Lord's Prayer*

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Our Father, which 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*

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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.

### *Glory Be*

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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.

### *Two Commandments*

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You shall love the Lord your God with your  
whole heart, with your whole soul, and with all  
your mind and you shall love your neighbor as  
yourself.

## Prayers

### *The Ten Commandments*

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1. I am the Lord your God: you shall not have  
strange gods before me.
2. You shall not take the name of the Lord your  
God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your  
neighbors.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### *An Act of Faith*

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O my God, I firmly believe that You are  
one God in three divine Persons: Father, Son and  
Holy Spirit.

### *An Act of Hope*

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O my Father, because You are all – powerful,  
merciful, and faithful to Your promises, I hope to  
be happy with You in heaven.

### *An Act of Love*

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O my God, because You are all – good I love  
You with whole my heart and soul

### *Blessing before Meals*

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Bless us, O Lord, and these Your gifts, which  
we are about to share Through Christ our  
Lord. Amen.