



## **LEVEL FOUR PRAYERS**

### **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.

### **THE HAIL MARY**

Hail Mary, full of grace,  
the Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

### **GLORY BE TO THE FATHER**

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.

### **ACT OF CONTRITION**

O my God, I am sorry for my sins  
in choosing to sin  
and failing to do good,  
I have sinned against you  
and your Church.  
I firmly intend  
with the help of your Son  
to make up for my sins  
and to love as I should.  
Amen.

### **GRACE BEFORE MEALS**

Bless us, O Lord,  
and these Your gifts  
which we are about to receive  
from Your bounty,  
through Christ our Lord.  
Amen.

### **GRACE AFTER MEALS**

We give You thanks, almighty God,  
for these and all Your gifts  
which we have received through  
Christ our Lord.  
Amen.

### **THE APOSTLES' CREED**

I believe in God,  
the Father almighty,  
Creator of heaven and earth,

and in Jesus Christ,  
his only Son, our Lord,  
who was conceived by  
the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again  
from the dead;

he ascended into heaven,  
and is seated at the right hand  
of God the Father almighty;  
from there he will come 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 life everlasting.  
Amen.

