

# My Prayer Book

## Year 3



### **Prayer before Communion**

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

### **Prayer after Communion**

This is a silent prayer once a person has received Communion at Mass, acknowledging the sanctified Christ who is now present within them in the form of the Eucharist.

### **Act of Sorrow**

O my God, I thank you for loving me.

I am sorry for all my sins:

for not loving others

and not loving you.

Help me to live like Jesus

and not sin again.

Amen.



### **The Angelus**

The Angel of the Lord declared to Mary: **and she conceived of the Holy Spirit.**

Hail Mary... **Holy Mary...**

Behold the handmaid of the Lord: **be it done to me according to your word.**

Hail Mary... **Holy Mary...**

And the Word was made flesh: **and dwelt among us**

Hail Mary... **Holy Mary...**

Pray for us, O holy Mother of God **that we may be made worthy of the promises of Christ.**

Let us pray:

Pour forth, we beseech you, O Lord,  
your grace into our hearts,  
that we to whom the incarnation of Christ, your Son,  
was made known by the message of an angel,  
may be brought by his passion and cross  
to the glory of his resurrection,  
through Christ our Lord. Amen.



# My Prayers

