

The Sign of the Cross

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

Making the Sign of the Cross is a prayer. Traditionally, the Sign of the Cross is used with the right hand fingers, and begins with touching the forehead, saying to God, "Take my



The Our Father

Our Father, who art in heaven,
hallowed by 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.

First, begin with the Sign of the Cross. Then pray the Our Father, close by making the Sign of the Cross. This prayer can be said as a family before bedtime, or at any other time of the day for particular personal intentions.

This prayer is traditionally considered the most powerful

The 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.

First, begin with the Sign of the Cross. Then pray the Hail Mary, and close by making the Sign of the Cross.

If you are praying the Our Father at bedtime, you can pray the Hail Mary immediately after, and again end with the Sign of the Cross.

Mary, the mother of Jesus, was a human being just like us; except he said, "Yes" to God, unconditionally, to all that God asked of her. Mary, the "Mother of God" asks us to pray for one another and we can ask for her help to pray to God through her intercessions. Pray the Hail Mary throughout the day on behalf of others who are need for comfort.

The Glory Be

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.

When you pray the Glory Be, begin and end with the Sign of the Cross.

At bedtime, if you are praying the Our Father and the Hail Mary, the Glory Be is a perfect prayer to complete your set of bedtime prayers.

The Glory Be can be prayed any anytime throughout the day, as a way of thanking the entire Holy Trinity: Father, Son, and Holy Spirit. By celebrating small successes, a birthday, a safe trip, or a beautiful sunset, one can pray the Glory Be once or three times in a row to