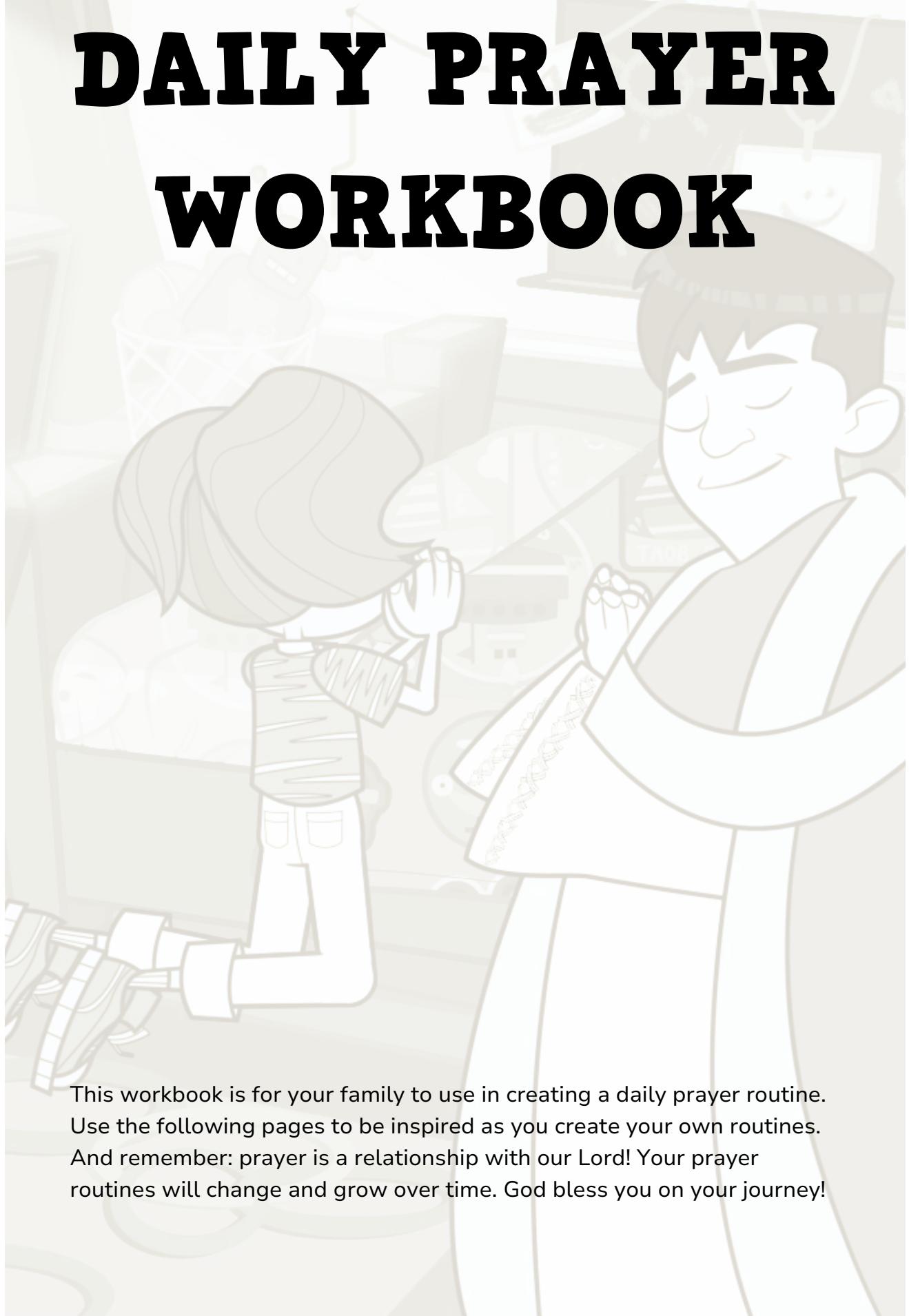


DAILY PRAYER

WORKBOOK



This workbook is for your family to use in creating a daily prayer routine. Use the following pages to be inspired as you create your own routines. And remember: prayer is a relationship with our Lord! Your prayer routines will change and grow over time. God bless you on your journey!

DAILY PRAYER ROUTINE

TIME

PRAYER

REMINDERS & NOTES



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DAILY PRAYER TRACKER

TIME	PRAYER	MON	TUE	WED	THU	FRI	SAT	SUN	DONE
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REMINDERS & NOTES



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GOOD MORNING GOD

Good Morning God! You are ushering in another day, untouched and freshly new. So here I am to ask you, God, if You'll renew me too. Forgive the many errors that I made yesterday and let me try again dear God to walk closer in Your way. But Lord, I am well aware, I can't make it on my own. So take my hand and hold it tight, for I cannot walk alone.

Amen!

EVENING PRAYER

Watch, Lord, with those who wake or weep tonight. Give the angels and saints charge over those who sleep. O Lord Jesus Christ, tend your sick ones, rest Your weary ones, bless Your dying ones, soothe the suffering ones, pity all the afflicted ones, shield the joyful ones, and all for Your love's sake. Amen.



HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.

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.



GUARDIAN ANGEL

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.

SAINT MICHAEL

Saint Michael the Archangel, defend
us in battle. Be our protection
against the wickedness and snares
of the devil. May God rebuke him
we humbly pray; and do Thou, O
Prince of the Heavenly Host, by the
Power of God, cast into hell Satan
and all the evil spirits, who prowl
through the world seeking the ruin
of souls. Amen.



ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.



OTHER PRAYER IDEAS

ADORATION
DAILY MASS
EVENING EXAMEN
LECTIO DIVINA
LITURGY OF THE HOURS
PETITIONS
PRAISE
PRAYER BEFORE MEALS
THANKSGIVING
THE ANGELUS



CATHOLIC Stories

for Children

Catholic Stories for Children is a nonprofit aimed at telling short stories, primarily through animation, to help kids learn Catholic prayers, learn about Catholic saints, and to learn other Catholic concepts.

Many kids today are growing up without knowing the core concepts of our faith. Many are learning the prayers without understanding the words they are saying. We hope to help bridge this gap with enjoyable stories, animations and songs. We hope to help kids grow with a strong love of neighbor and God.

→ **SUPPORT OUR MISSION. FIND OUT MORE:**
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