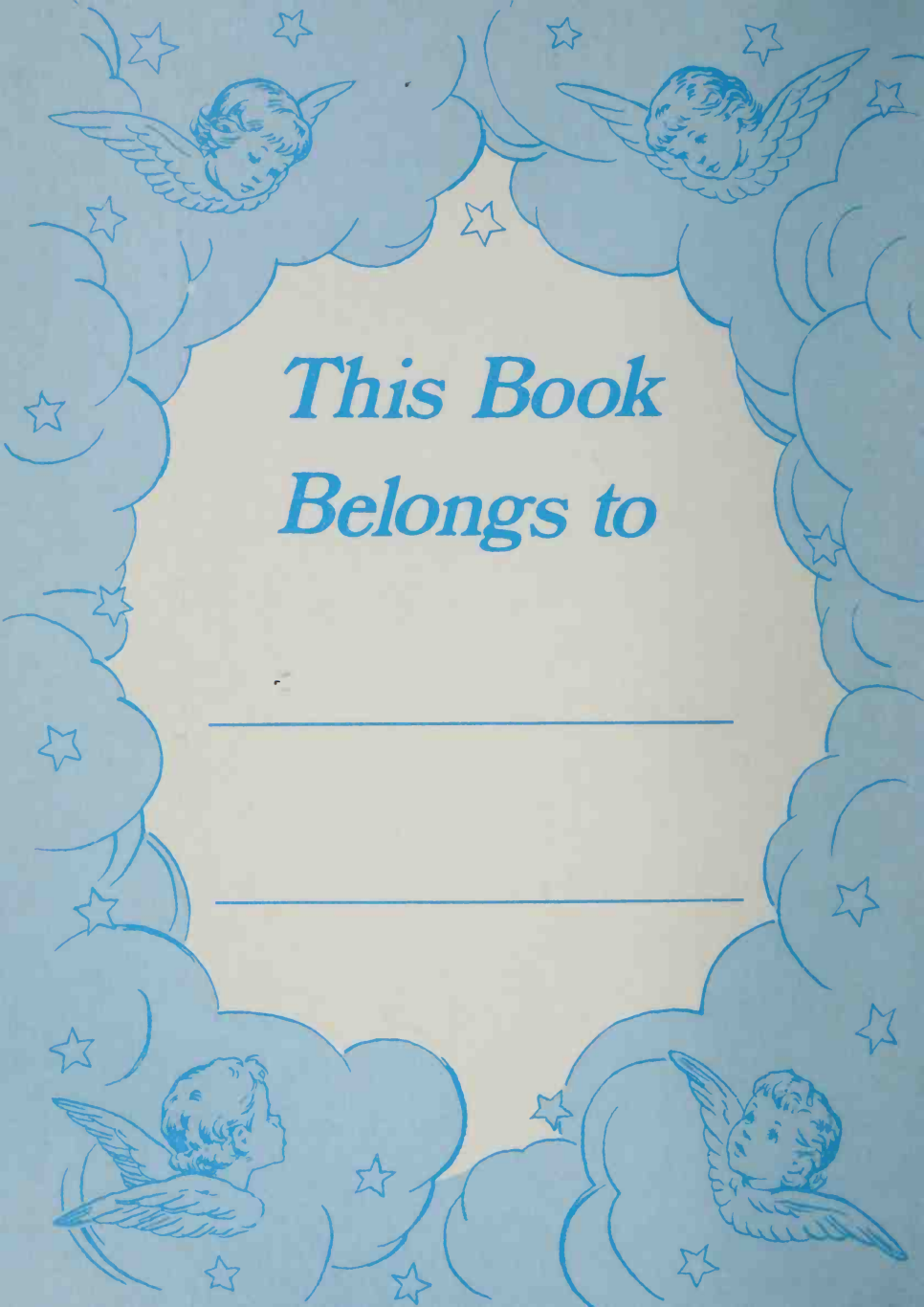


The **OUR FATHER**
and
HAIL MARY

By
FATHER LOVASIK
S.V.D.





*This Book
Belongs to*

The **Our Father** *and the* **Hail Mary**

By
Rev. Lawrence G. Lovasik, S.V.D.
Divine Word Missionary



Catholic Book Publishing Co.
New York

The OUR FATHER

ONE day the Apostles said to Jesus: “Lord, teach us how to pray, as John taught his disciples.” Jesus told them: “When you pray, say as follows:

**“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.”**



Jesus teaches the Apostles the “Our Father.”

THE Our Father is also called the Lord’s Prayer because Jesus Himself taught it to the Apostles.

There is no better or holier prayer. It fits the needs of everybody. It contains all that we, as children of God, can and should ask God for, to help us in soul and body.

We do not only ask God for what is good for us, but we also put the most important thing first. We ask first for God’s glory, and then for help in our needs.



Our Father, Who Art in Heaven

MY God in heaven, I call You my Father,
because You created me;
because Your Son became our Brother
when He was made man,
and we are all brothers and sisters;
and because at Baptism
the Holy Spirit made me Your child
and came to live in my soul.

I want to call You "Father"
because the word fills my soul
with love and trust in You.

Though You are everywhere,
Your throne is in heaven,
and only there do the Angels and Saints
see You as You are.

Give me childlike love and trust in You,
that I may always be with You by Your grace
and see You face to face in heaven.



Before the "Our Father" in the Mass, the priest says:

***"Through Jesus, with Him, and in Him,
in the unity of the Holy Spirit,***

all glory and honor is Yours, almighty Father, forever!"

Hallowed Be Thy Name

HEAVENLY Father, You glorified Your Name when You created Angels, people, and the world.

You glorified Your name again
when You redeemed the human race
through the death and resurrection of Your
Son.

On the night before He died to save the world,
Jesus prayed to You: "Father, glorify Your
Name."

You answered from heaven:
"I have both glorified it and will glorify it
again."

Father in heaven,
may Your Name be honored by all people!

May I honor Your name all my life
by doing all things for Your honor
and for love of You.

Thy Kingdom Come!

HEAVENLY Father, may Your Kingdom come
on earth!

I pray that You may be known and loved
and served on earth.

I pray that the Catholic Church may spread
throughout the world, especially in pagan
countries.

I pray that through sanctifying grace,
your Holy Trinity—Father, Son and Holy
Spirit—
may live in more Christian souls as in a tem-
ple,
for Jesus said: “The Kingdom of God is
within you.”

Jesus Christ, my Savior,
may Your Kingdom come for us,
the Kingdom promised us by the Father.

Jesus, reign over us as our King
in the Holy Sacrament of the Altar,
and in our hearts.



“Sacred Heart of Jesus, Your Kingdom come!”

Thy Will Be Done on Earth As It Is in Heaven

HEAVENLY Father, I ask for the grace
to do Your will on earth
as the Angels and Saints do it in heaven.

Let me do Your will
by obeying Your Ten Commandments
and the Laws of Your Church;
by accepting everything that happens to me
because I know that You allowed it to hap-
pen.

You are my Father,
and You know what is best for me.
You love me with a love that has no limit.
I honor You when I do Your will.

In all my prayers,
and especially in all my sufferings,
I always want to say: "Thy will be done!"



Jesus said: "If a man wishes to come after Me, he must deny his very self, take up his cross, and follow in My footsteps" (Mk 8, 34).

Give Us This Day Our Daily Bread

MY heavenly Father, Jesus taught me to pray to You,
because You are my Father.
You love Your children and want them to be happy in this world and in heaven.

Jesus said: "Your Father in heaven knows you have need of all these things. . . . Whatever you ask the Father in My Name He will give you. Ask and you shall receive."

I ask You, Father,
for all that I need for life here on earth,
such as food, clothing, work, health, and true happiness.

I also ask for the daily Bread of Holy Communion.
For Jesus said: "I am the Bread of Life."
May that Bread give me eternal life with You as Jesus promised.



Jesus said, "I myself am the living bread come down from heaven. If anyone eats this bread he shall live forever" (Jn 6, 51).



The younger son returned and said,
“Father, I have sinned!”

And Forgive Us Our Trespasses

HEAVENLY Father, I believe
that sin is the greatest evil in the world
because a serious sin makes me fail
in my love for You,
and turns me away from doing Your will.

But I also believe
that You are merciful and will pardon me
if I am truly sorry for my sins
because they offend You,
my loving Father and Highest Good.



God gives us his forgiveness in the **Sacrament of Penance**.

As We Forgive Those Who Trespass Against Us

I BELIEVE that in the Sacrament of Penance Jesus comes to forgive my sins and brings peace with You, my God, and with the Church, which is hurt by my sins.

Heavenly Father, on the Cross Jesus prayed:
“Father, forgive them for they do not know what they are doing.”

As Jesus forgave those who put Him to death,
help me to forgive those who hurt me.
Only then can I expect You to forgive me.



Jesus said to the devil: “Away with you, Satan!”

And Lead Us Not into Temptation

HEAVENLY Father, Jesus, Your Son,
was tempted in the desert.

His prayer gave Him strength to overcome
the devil who tried to make Him do
what was against Your holy will.

I also ask You to help me
when the devil tempts me to do bad things.
Keep me from the persons, places, and things
that lead me into sin.



God gave me a Guardian Angel to protect me.

But Deliver Us from Evil

HEAVENLY Father, I ask You to protect me from evil—

from everything that may be harmful
such as sickness, accidents, and poverty.
Keep me in Your loving care,
and send Your Angels to protect me.

But I ask You to protect me
from the greatest evil in the world—sin!
Help me to be sorry for my past sins
and to resist temptation in the future.

The “Our Father” in The Mass

H EAVENLY Father, I believe that the “Our Father”—the prayer Jesus taught us,— is never more powerful than when it is said with Jesus at Holy Mass.



I believe that the sacrifice of Calvary
is offered again in an unbloody way
on our altar at Mass.

Through the offering of Jesus
we have hope of obtaining Your forgiveness
and the graces we need to save our souls.

In the Consecration we give You
the best Gift we could offer—your own Son:
to adore and thank You,
to ask Your pardon, and to beg for Your help.

And in Holy Communion You give us
your best Gift—Your own Son as the Bread
of Life.

Before going to the Holy Table
to receive this Food for our souls,
we pray: “Father, give us this day our Daily
Bread.”

Jesus is our Daily Bread in Holy Communion.

THE HAIL MARY

The words of the Angel Gabriel:

**Hail Mary, full of grace!
The Lord is with thee.**

The words of Saint Elizabeth:

**Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.**

The words of the Church:

**Holy Mary, Mother of God.
pray for us sinners,
now and at the hour of our death.
Amen.**



The Blessed Virgin has a special love for children.

Hail Mary, Full of Grace!

MARY, my Mother,
the Angel Gabriel
said to you:

“Hail, full of grace!
The Lord is with you.”

You are called “full of grace”
because God poured His
richest graces upon you.



The Lord Is with Thee

MARY, my Mother, the Angel Gabriel also said, "The Lord is with you."

The Lord was with you in a wonderful way,
not only by His grace and power,
but as your Son.

When you answered the angel with the words:
"I am the servant of the Lord.
Let it be done to me as you say,"
the Son of God became man in your womb.
The Lord was with you for nine months as
your Child.
resting under your heart.

Each time I say the Hail Mary,
I remind you of this most wonderful honor
of being the Mother of God,
and I thank God with you for all He has done
for you.



Blessed Art Thou Among Women

MARY, my Mother, when the Angel had gone away,
you at once made a journey to visit your
cousin Elizabeth.

When Elizabeth heard your greeting,
she was filled with the Holy Spirit and cried
out:

“Blest are you among women
and blest is the fruit of your womb.
But who am I that the mother of my Lord
should come to me?”

Mary, you knew that you were great and holy
only because of God’s love for you.
You knew that you owed everything to His
mercy.

And Blessed Is the Fruit of Thy Womb, Jesus

MARY, my Mother, how wonderful
was your visit to your cousin Elizabeth!

The Holy Spirit let Elizabeth know
that the Son of God was already under your
heart.

The “Fruit” of your womb was Jesus, the Son
of God,
worthy of the praises of human beings
and Angels for all eternity.

Mary, your Son is the Way, the Truth, and the
Life—the Redeemer of the world.
The name of Jesus means “Savior.”

Your Son saved His people from their sins
by shedding His Blood on the Cross.
Through the name of Jesus we are saved,
and we have hope of eternal life with God.

In saying the Hail Mary,
I want to join you, Mary, in thanking God
for all He has done for you,
and through you, for all human beings.

Holy Mary, Mother of God

MARY, my Mother, I honor you as the
Mother of God.

I believe that Jesus Christ is God.

Since you gave birth to Jesus,
you are truly the Mother of God.



With Joseph, Mary adores her new-born Son Jesus. 27

Pray for Us Sinners

MARY, my Mother,
from the Cross Jesus gave to your care
the souls He was redeeming.
He said to you, "Woman, there is your son."
Then He said to the disciple John,
who took our place beneath the Cross:
"There is your mother."

We have sinned against God,
and Jesus died to take away our sins
and to open heaven for all of us sinners.
You wanted to do His Last Will,
especially by being a Mother to all of us.
You are the Mother of us sinners.

Mary, you are called
"The Refuge of Sinners,"
because you are the Mother of the Good
Shepherd
who laid down His life for His sheep.
Pray for us sinners, your children.



From the Cross Jesus gives us His Mother.

Now and at the Hour of Our Death. Amen.

MARY, my Mother, we need your help
above all at the hour of our death,
the hour of our greatest need,
because on your help depends an eternity of
joy.

When God called Joseph to heaven,
Jesus and you were at his side.
He loved and served you so faithfully.
Now he died happily in your arms.

Mary, stand at my bedside when I am dying.
Help me in my last moments.
Protect me from the enemy,
and obtain for me a happy death,
and the glory of heaven.

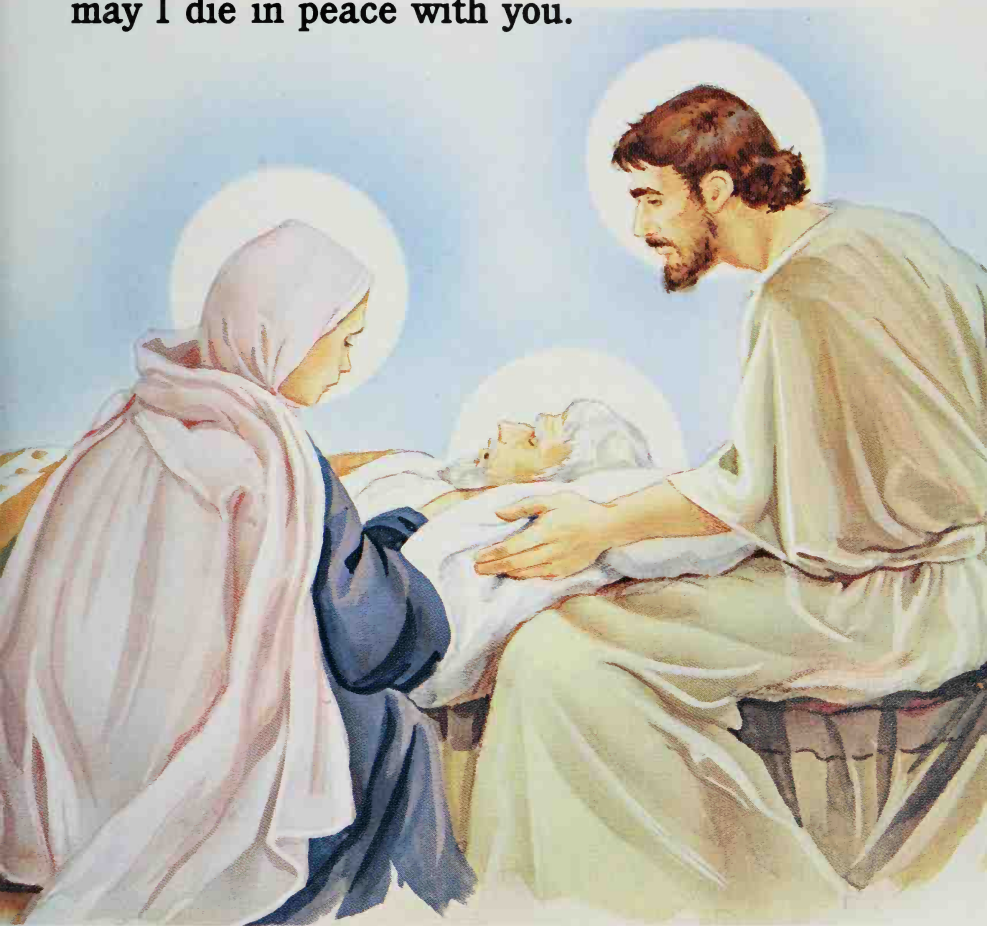
You are my most powerful friend
before Jesus, the Just Judge,
to whom you can pray for me
with the unflinching prayers of a mother.

Pray that I may prepare for death
by living a holy life on earth with your help.

JESUS, Mary, Joseph,
I give you my heart and my soul.

Jesus, Mary, Joseph,
help me in my last agony.

Jesus, Mary, Joseph,
may I die in peace with you.



Joseph dies in the care of Jesus and Mary.

The “GLORY BE TO THE FATHER”



The Holy Trinity

AFTER the *Our Father* and the *Hail Mary* there is perhaps no more important prayer for every Catholic to say than the prayer of praise to the Blessed Trinity, the *Glory be to the Father*. This prayer reminds us that there are three Persons in one God, that each Person has showed His love for us, and therefore deserves praise forever. Many times a day, say:

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.

Dear parents:

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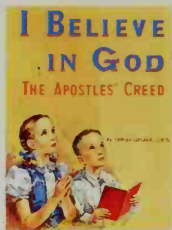
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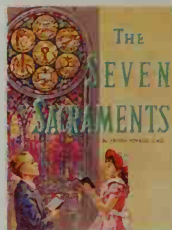
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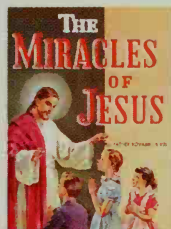
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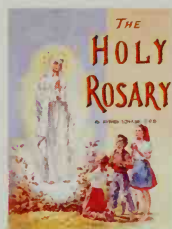
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299

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