



Prayers



The Lord's Prayer

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

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

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

Prayers of St Benedict

Gracious and Holy Father, grant us the intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, a heart to meditate upon you.

May our ears hear you, may our eyes behold you, and may our tongues proclaim you. Give us the grace that our way of life may be pleasing to you, that we have the patience to wait for you and the perseverance to look for you. Grant us a perfect end – your holy presence, a blessed resurrection and life everlasting. We ask this through Jesus Christ our Lord.

Amen

Lord, let us pray that everything we do today may be prompted by your inspiration, so that every prayer and work of ours may begin from you and be brought by you to completion. We ask this through Christ our Lord.

Amen

St Benedict: *pray for us.*

Aspiration

Self Control

Reflection

Service

Courage

Autonomy