

Morning Prayers for Teenagers

The Lord's Prayer

(As taught by Jesus to His disciples)

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

The Morning Offering

O My God I offer You all my thoughts, words, and actions of this
day for thy greater honour and glory, through Jesus Christ our Lord,

Amen

Daily Prayer to your Guardian Angel

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

Amen

Glory be Prayer

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

O most Sacred Heart of Jesus, I place all my trust in You.

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Night Prayers for Teenagers

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

Act of Contrition

O my God, I am sorry for my sins because I have offended you.
I know I should love you above all things.
Help me to do penance, to do better,
and to avoid anything that might lead me to sin.

Amen.

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle,
be our safeguard 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 other evil spirits,
who prowl through the world seeking the ruin of souls

Amen.

Jesus, Mary and Joseph

Jesus, Mary and Joseph, I give you my heart and my soul.
Jesus, Mary and Joseph, assist me now & in my last agony.
Jesus, Mary and Joseph, may I breathe forth my soul in peace
with You, Amen

These cards are free of charge. Contact info@salvatormundi.ie