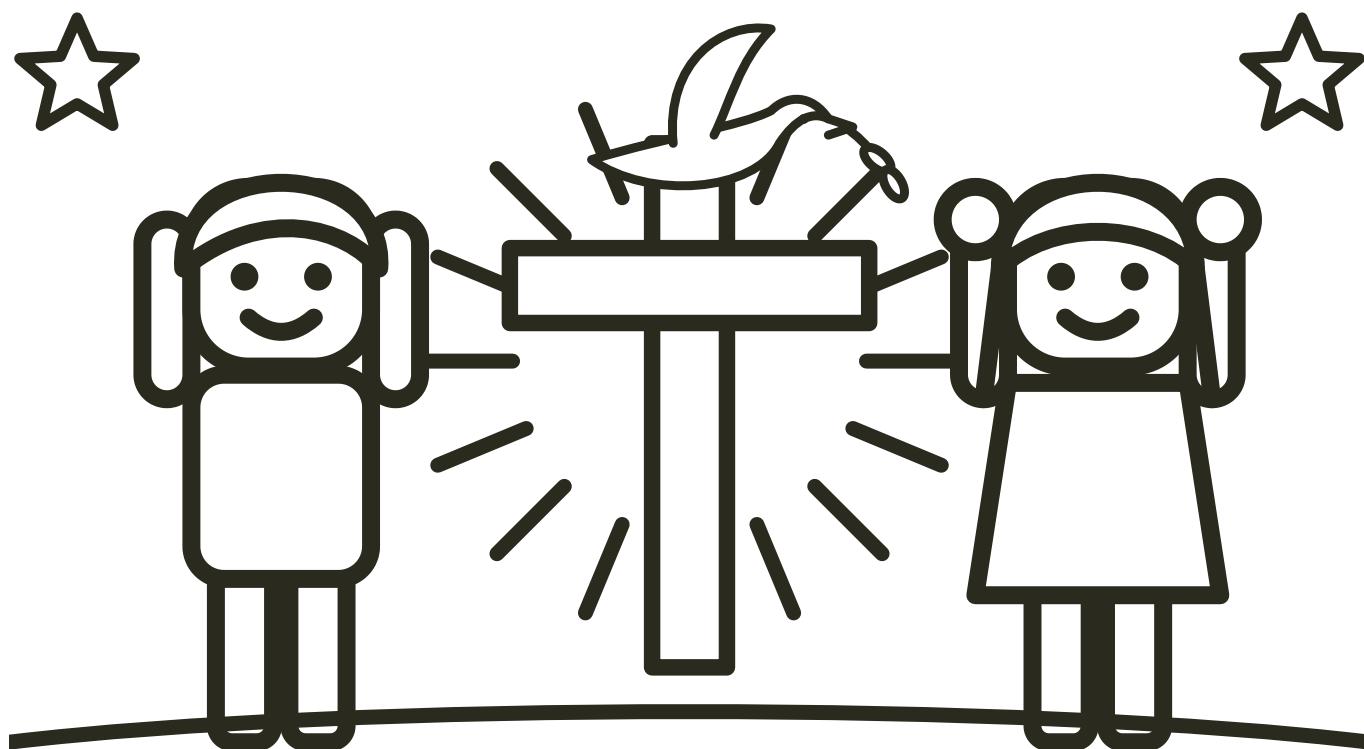


My name: _____

MUSTARD SEED PLAY

My Prayer Book

Catholic prayers to learn by heart



☐ The Sign of the Cross

☐ The Hail Mary

☐ The Apostles' Creed

☐ Guardian Angel Prayer

☐ Grace Before Meals

☐ The Fátima Prayer

☐ The Our Father

☐ The Glory Be

☐ Act of Contrition

☐ Prayer to St. Michael

☐ Grace After Meals

☐ Eternal Rest

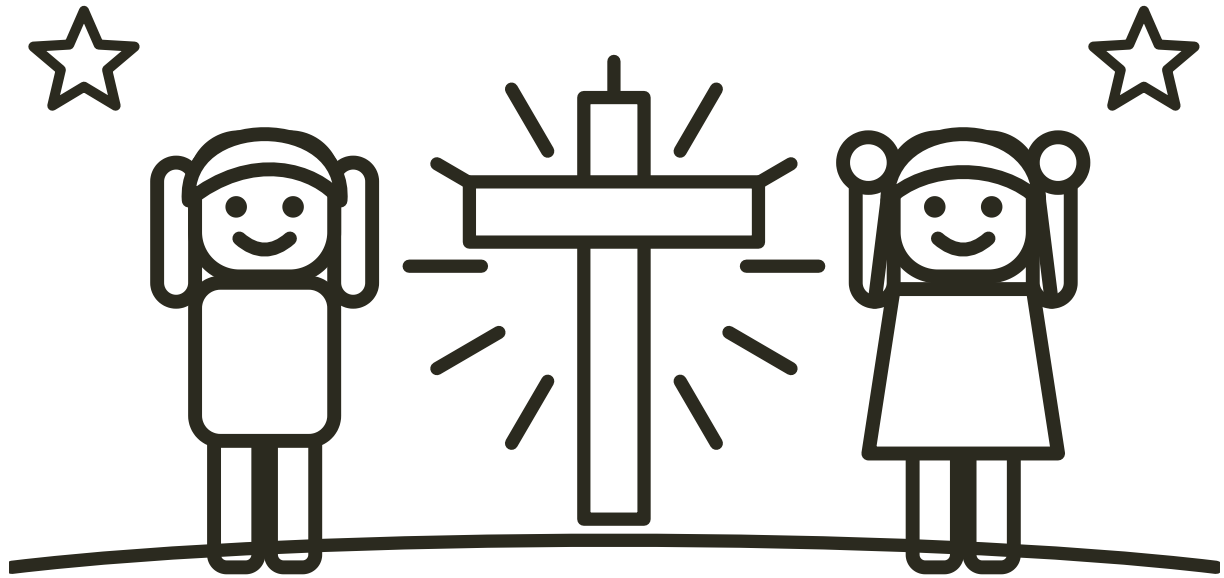
Color each page, practice each prayer, and tick the box when you can pray it by heart! 🙏

A Mustard Seed Play printable • To God be the glory!

My name: _____

The Sign of the Cross

We pray it at the start and end of every prayer



How to make it:



Forehead: *Father*



Chest: *Son*



Left, then right shoulder: *Holy Spirit*



Amen!

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

What it means: We trace a cross on ourselves to remember that God is three Persons, the Father, the Son and the Holy Spirit, and that Jesus loves us so much He died on the Cross for us.

✨ IN KID WORDS

Jesus told us to baptize in the name of the Father, the Son and the Holy Spirit!

"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost" Matthew 28:19 (KJV)

☐ I can pray this by heart!

Date: _____

Signed: _____

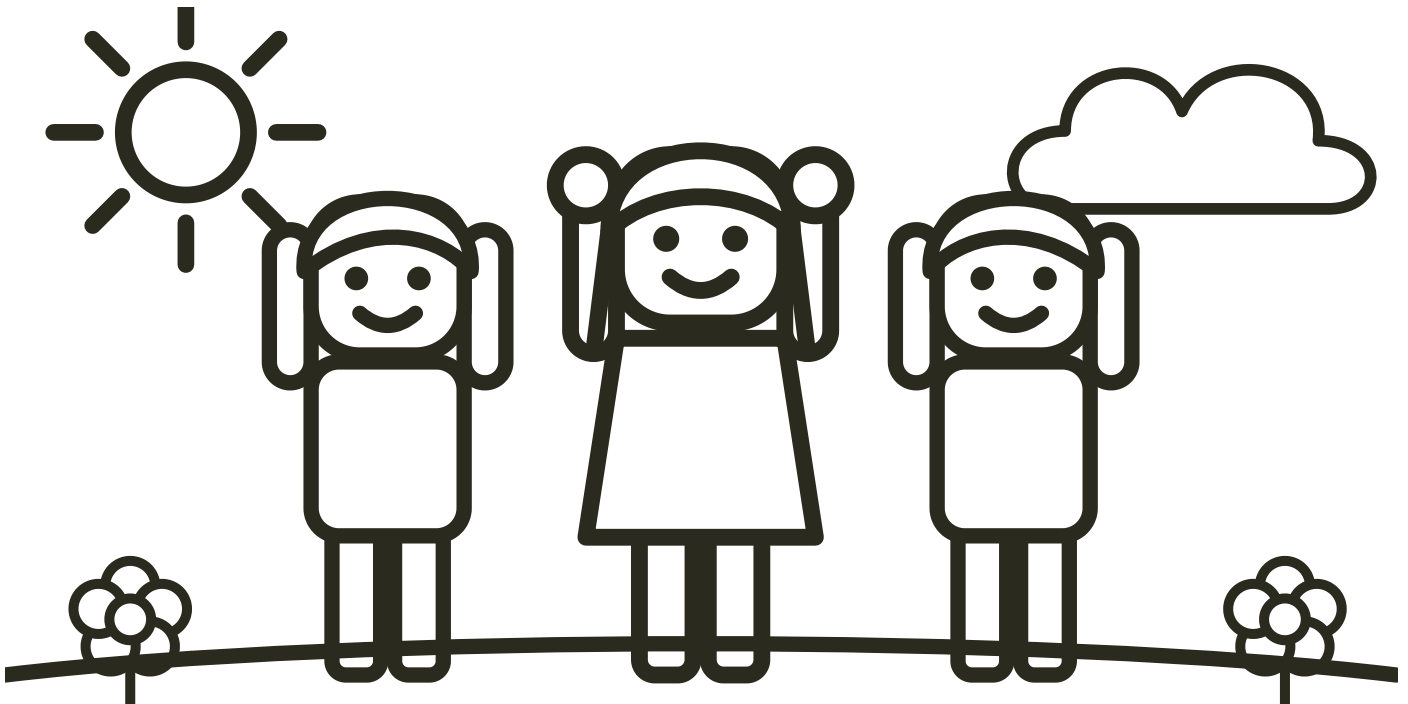
Prayer text: Catechism of the Catholic Church, no. 2157 · vatican.va · Bible verse: King James Version

© 2026 Mustard Seed Play · mustardseedplay.com · Free to print for home, school & parish

My name: _____

The Our Father

The prayer Jesus taught us



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.

What it means: This is the prayer Jesus Himself taught His friends! We call God our Father, praise His holy name, ask for what we need each day, and ask Him to help us forgive others and stay away from sin.

✨ IN KID WORDS

Jesus said: When you pray, pray like this!

"After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name." Matthew 6:9 (KJV)

☐

I can pray this by heart!

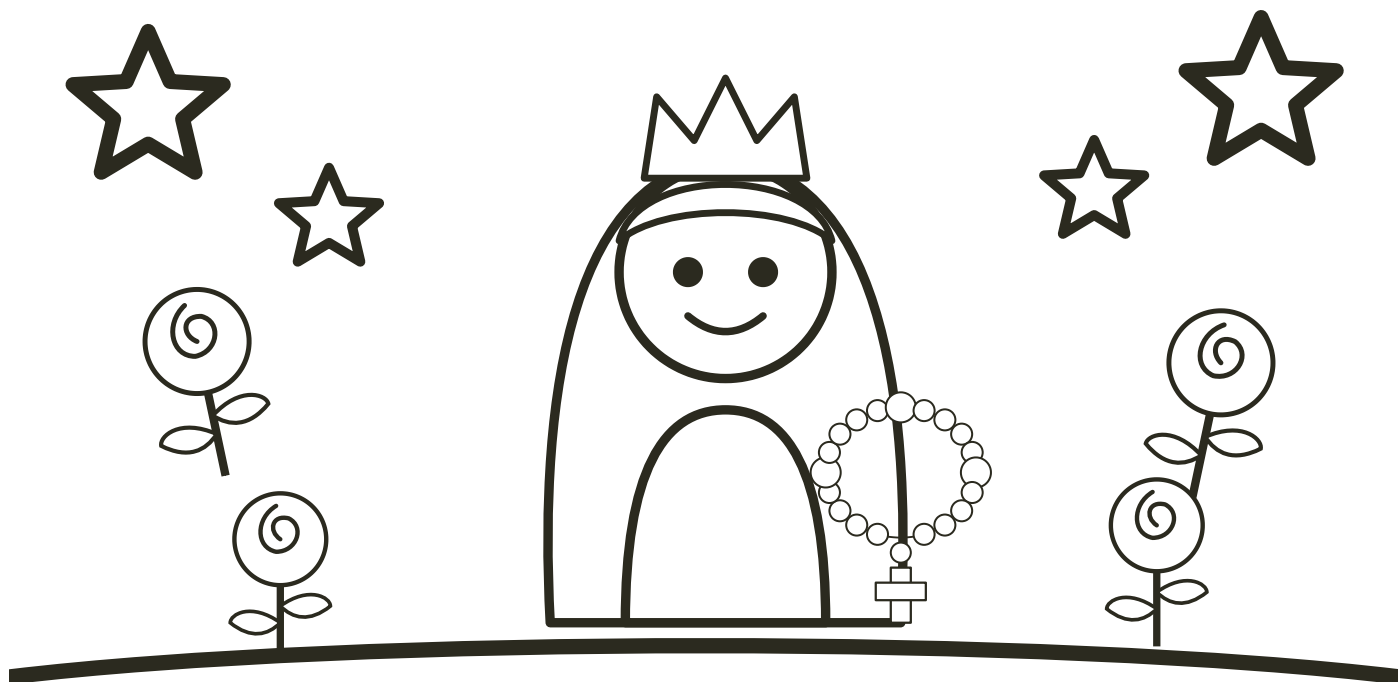
Date: _____

Signed: _____

My name: _____

The Hail Mary

A prayer to our Mother 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.

What it means: We greet Mary with the words the Angel Gabriel and her cousin Elizabeth said to her. Then we ask Mary, Jesus' Mother and our heavenly Mother too, to pray for us.

✨ IN KID WORDS

The angel said to Mary: God is with you, and you are blessed!

"Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women." Luke 1:28 (KJV)

☐ I can pray this by heart!

Date: _____

Signed: _____

My name: _____

The Glory Be

A short prayer of praise



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.

What it means: A happy little prayer to praise God, the Father, the Son and the Holy Spirit. God has always been, God is here right now, and God will be forever!

✨ IN KID WORDS

God is holy, and He always was, always is, and always will be!

"Holy, holy, holy, Lord God Almighty, which was, and is, and is to come." Revelation 4:8 (KJV)

☐ I can pray this by heart!

Date: _____

Signed: _____

My name: _____

The Apostles' Creed

What we believe as Catholics



I believe in God the Father almighty, Creator of heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sits at the right hand of God the Father almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

What it means: “Creed” means “I believe.” In this prayer we say the most important things we believe about God the Father, Jesus, the Holy Spirit and the Church.

✨ IN KID WORDS

Say with your mouth and believe in your heart that Jesus is Lord!

"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved." Romans 10:9 (KJV)

☐ I can pray this by heart!

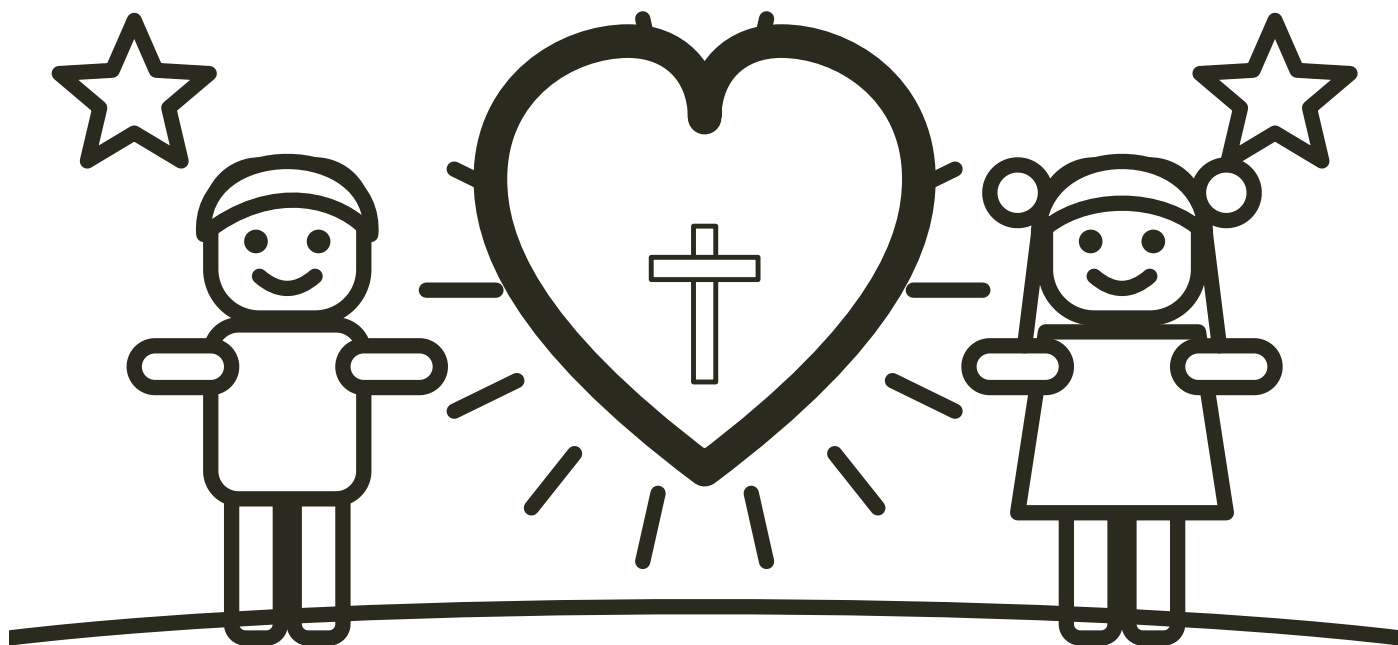
Date: _____

Signed: _____

My name: _____

Act of Contrition

A prayer to say sorry to God



My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

What it means: We pray this when we tell God we are sorry, especially in Confession. We ask Him to help us do better, and we trust that He always forgives us with love.

✨ IN KID WORDS

When we say sorry to God, He always forgives us and makes our hearts clean!

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9 (KJV)

☐ I can pray this by heart!

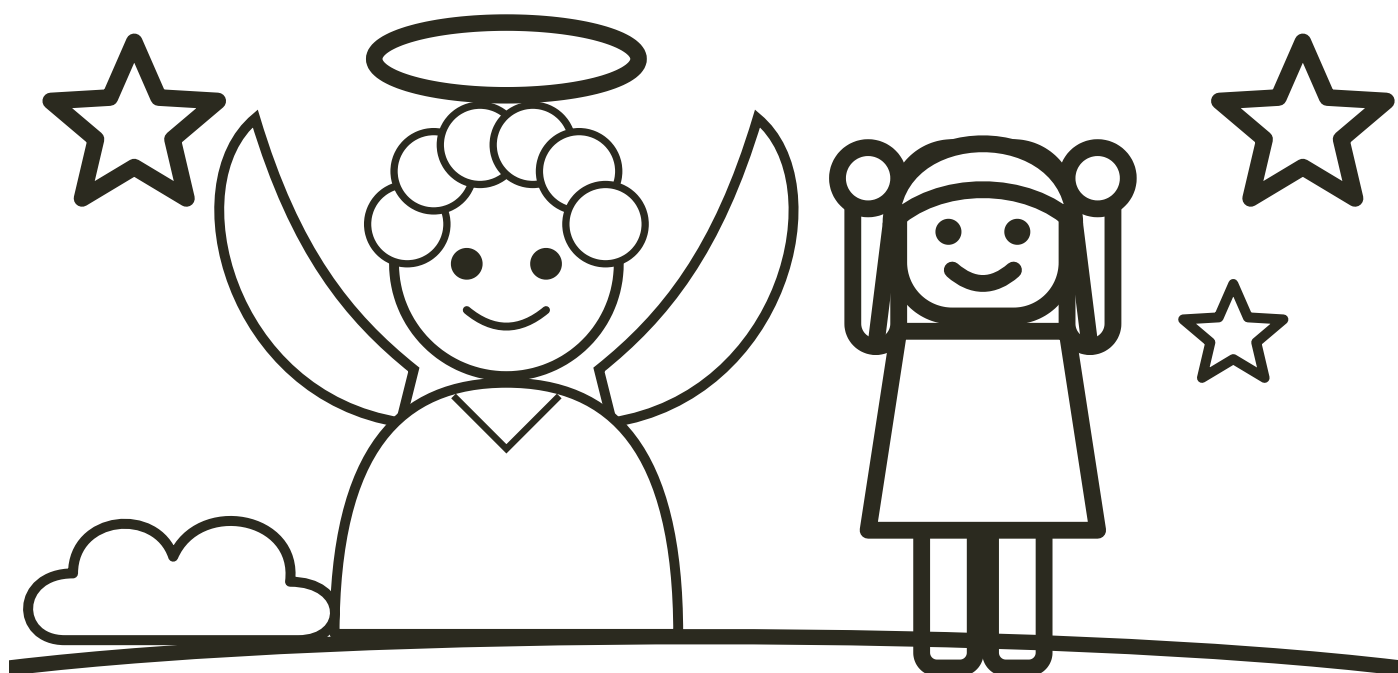
Date: _____

Signed: _____

My name: _____

Guardian Angel Prayer

A prayer to my 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.

What it means: God gives each one of us a guardian angel to protect us and help us choose what is good. We can talk to our angel every morning and every night!

✨ IN KID WORDS

Jesus said that children have angels in heaven who are always close to God!

"In heaven their angels do always behold the face of my Father which is in heaven." Matthew 18:10 (KJV)

☐

I can pray this by heart!

Date: _____

Signed: _____

My name: _____

Prayer to St. Michael

A prayer for God's protection



Saint Michael 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.

What it means: St. Michael is a mighty archangel who protects God's people. In this prayer we ask him to keep us safe from everything evil and to help us stay close to God.

✨ IN KID WORDS

God sends His angels to watch over you wherever you go!

"For he shall give his angels charge over thee, to keep thee in all thy ways." Psalm 91:11 (KJV)

☐

I can pray this by heart!

Date: _____

Signed: _____

My name: _____

Grace Before Meals

A prayer before we eat



Bless us, O Lord, and these thy gifts, which
we are about to receive from thy bounty,
through Christ our Lord.
Amen.

What it means: Before we eat, we stop to thank God for our food, and for everyone who helped to grow it, buy it and cook it. Don't forget to say thank you after you eat, too!

✨ IN KID WORDS

Say thank you to God for everything!

"In every thing give thanks" 1 Thessalonians 5:18 (KJV)

☐ I can pray this by heart!

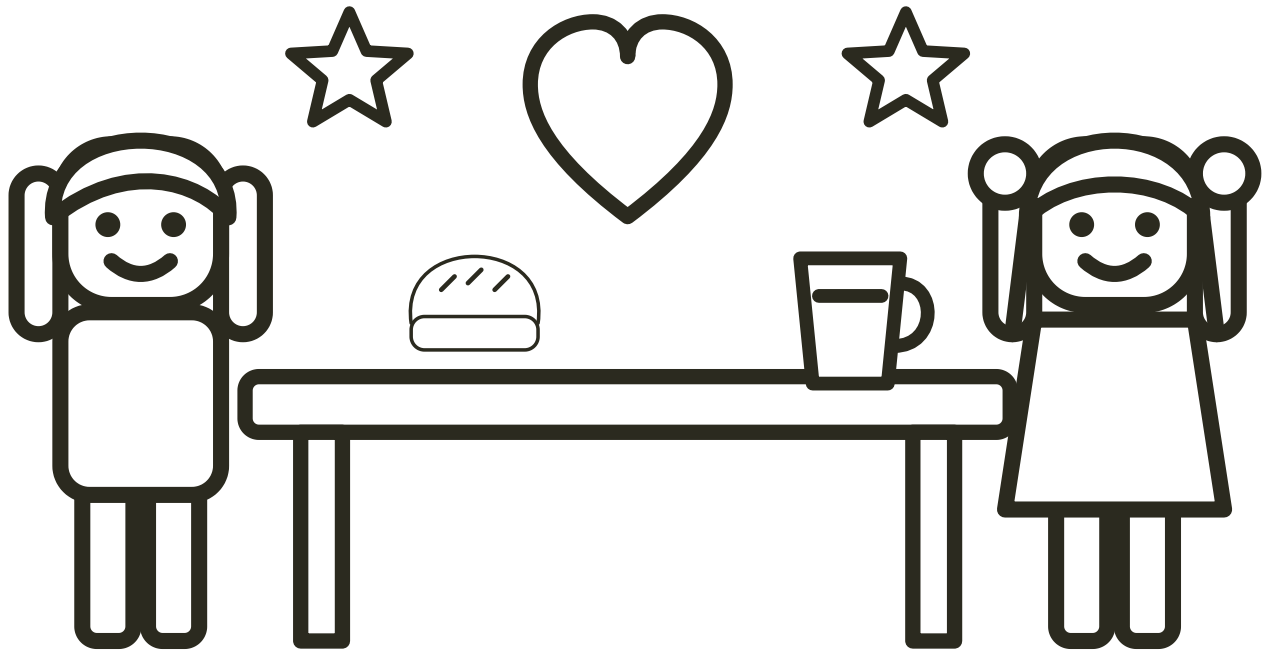
Date: _____

Signed: _____

My name: _____

Grace After Meals

A prayer after we eat



We give thee thanks, almighty God, for all
thy benefits, who livest and reignest world
without end. Amen.

What it means: When we finish eating, we thank God again for the food He gave us and for all His gifts. A thankful heart makes God happy!

✨ IN KID WORDS

After we eat and are full, we thank God for His good gifts!

"When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee." Deuteronomy 8:10 (KJV)

☐ I can pray this by heart!

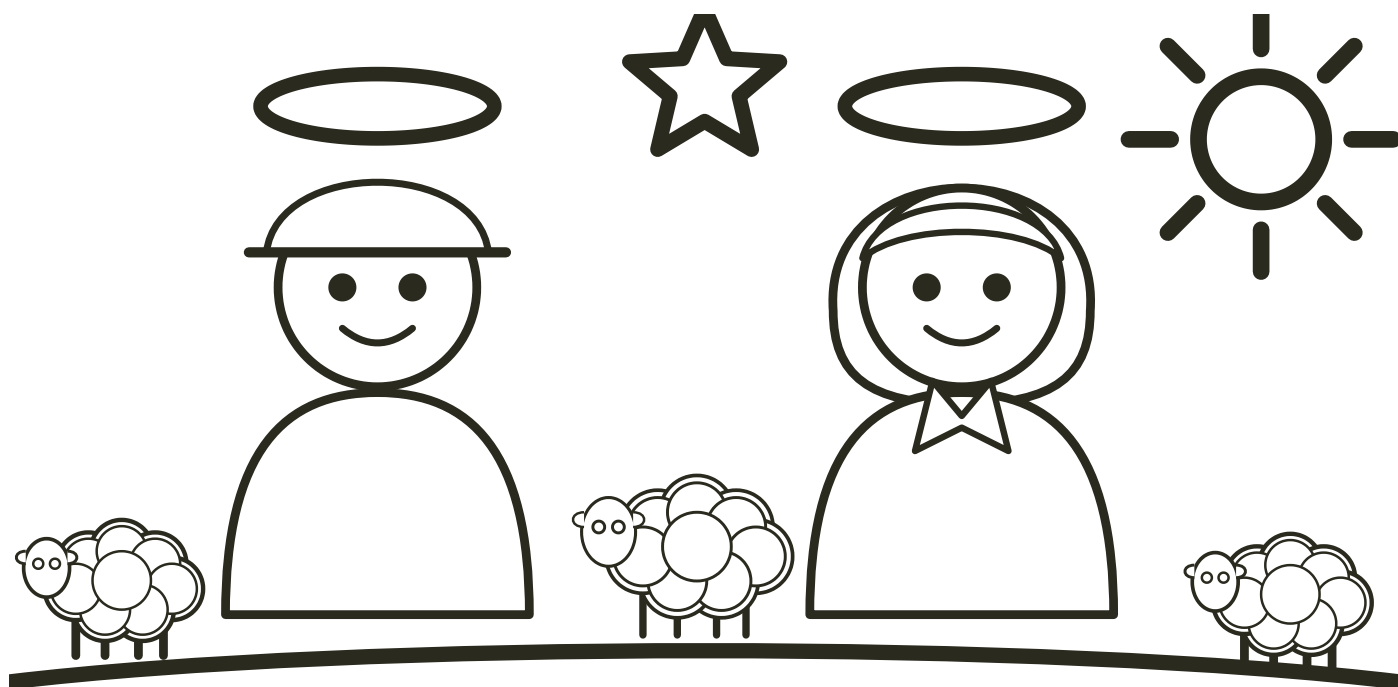
Date: _____

Signed: _____

My name: _____

The Fátima Prayer

A Rosary prayer from Fátima



O my Jesus, forgive us our sins, save us from
the fires of hell, lead all souls to heaven,
especially those in most need of thy mercy.
Amen.

What it means: Mother Mary taught this prayer to the shepherd children of Fátima in 1917. We usually pray it after the Glory Be in each decade of the Rosary.

✨ IN KID WORDS

We can always ask God for His mercy.

"God be merciful to me a sinner." Luke 18:13 (KJV)

☐ I can pray this by heart!

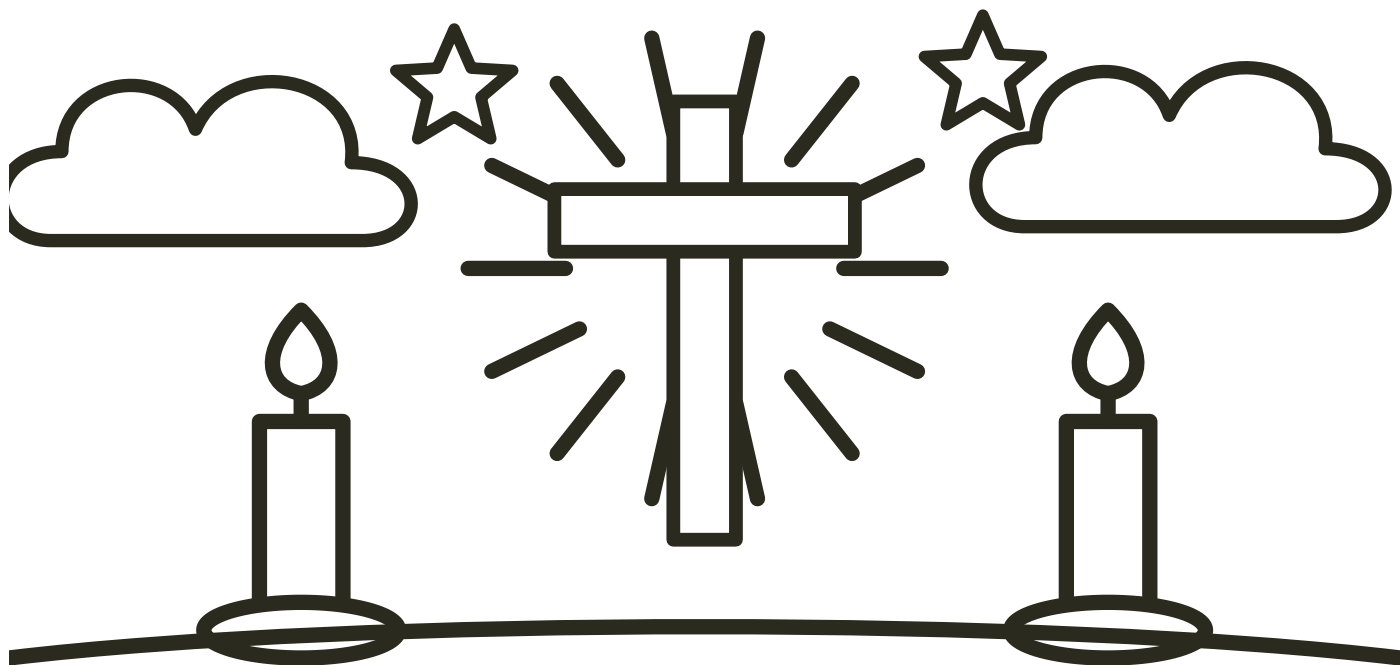
Date: _____

Signed: _____

My name: _____

Eternal Rest

A prayer for those who have died



Eternal rest grant unto them, O Lord, and
let perpetual light shine upon them. May
they rest in peace. Amen.

What it means: We pray this for people we love who have died, asking God to bring them to heaven to be with Him forever. We pray it especially on All Souls' Day, November 2.

✨ IN KID WORDS

Jesus said: I am the Resurrection and the Life!

"I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live" John 11:25 (KJV)

☐ I can pray this by heart!

Date: _____

Signed: _____

My name: _____

My Prayer Checklist

Ask your catechist, teacher or parent to sign when you can pray each one by heart!

Prayer	I know it! ✓	Date	Signed
The Sign of the Cross	☐	_____	_____
The Our Father	☐	_____	_____
The Hail Mary	☐	_____	_____
The Glory Be	☐	_____	_____
The Apostles' Creed	☐	_____	_____
Act of Contrition	☐	_____	_____
Guardian Angel Prayer	☐	_____	_____
Prayer to St. Michael	☐	_____	_____
Grace Before Meals	☐	_____	_____
Grace After Meals	☐	_____	_____
The Fátima Prayer	☐	_____	_____
Eternal Rest	☐	_____	_____

✨ IN KID WORDS

Pray all the time, every day!

"Pray without ceasing." 1 Thessalonians 5:17 (KJV)

A Mustard Seed Play printable • To God be the glory!