

Catholic Major Prayers / Sala Kuu za Kikatoliki

Parish prayer resource • English and Kiswahili

Sign of the Cross / Ishara ya Msalaba

English: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Kiswahili: Kwa jina la Baba, na la Mwana, na la Roho Mtakatifu. Amina.

Our Father / Baba Yetu

English: 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.

Kiswahili: Baba yetu uliye mbinguni, jina lako litukuzwe; ufalme wako ufike; utakalo lifanyike duniani kama mbinguni. Utupe leo mkate wetu wa kila siku; utusamehe makosa yetu, kama nasi tunavyowasamehe waliotukosea; usitutie katika kishawishi, lakini utuokoe na yule mwovu. Amina.

Hail Mary / Salamu Maria

English: 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.

Kiswahili: Salamu Maria, umejaa neema, Bwana yu nawe; umebarikiwa kuliko wanawake wote, na Yesu, mzao wa tumbo lako, amebarikiwa. Maria Mtakatifu, Mama wa Mungu, utuombee sisi wakosefu, sasa na saa ya kufa kwetu. Amina.

Glory Be / Atukuzwe

English: 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.

Kiswahili: Atukuzwe Baba, na Mwana, na Roho Mtakatifu; kama mwanzo, sasa na siku zote, na milele na milele. Amina.

Apostles' Creed / Kanuni ya Mitume

English: 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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.

Kiswahili: Nasadiki kwa Mungu Baba Mwenyezi, Muumba mbingu na dunia. Na kwa Yesu Kristo, Mwana wake wa pekee, Bwana wetu, aliyetungwa mimba kwa uwezo wa Roho Mtakatifu, akazaliwa na Bikira Maria, akateswa kwa mamlaka ya Ponsio Pilato, akasulubiwa, akafa, akazikwa; akashuka kuzimu; siku ya tatu akafufuka katika wafu; akapaa mbinguni, ameketi kuume kwa Mungu Baba Mwenyezi; toka huko atakuja kuwahukumu walio hai na wafu. Nasadiki kwa Roho Mtakatifu, Kanisa Katoliki takatifu, ushirika wa watakatifu, msamaha wa dhambi, ufufuo wa mwili, na uzima wa milele. Amina.

Angelus / Malaika wa Bwana

English: The Angel of the Lord declared unto Mary. And she conceived of the Holy Spirit. Hail Mary. Behold the handmaid of the Lord. Be it done unto me according to thy word. Hail Mary. And the Word

was made flesh. And dwelt among us. Hail Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the Incarnation of Christ thy Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

Kiswahili: Malaika wa Bwana alimletea Maria habari. Naye akapata mimba kwa uwezo wa Roho Mtakatifu. Salamu Maria. Tazama, mimi ni mjakazi wa Bwana. Na iwe kwangu kama ulivyosema. Salamu Maria. Naye Neno alifanyika mwili. Akakaa kwetu. Salamu Maria. Utuombee, ee Mama Mtakatifu wa Mungu, tupate kustahili ahadi za Kristo. Tuombe: Ee Bwana, tunakuomba umimine neema yako mioyoni mwetu; sisi tuliotambuliwa kwa ujumbe wa Malaika juu ya Umwilisho wa Kristo Mwanao, tupe, kwa mateso na msalaba wake, kufikishwa kwenye utukufu wa Ufufuo wake. Kwa Kristo Bwana wetu. Amina.

Divine Mercy Chaplet / Rozari ya Huruma ya Mungu

English: Opening: In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Optional opening prayer: O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You. Repeat three times. Then pray the Our Father, Hail Mary and Apostles' Creed. On each Our Father bead: Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world. On each of the ten Hail Mary beads: For the sake of his sorrowful Passion, have mercy on us and on the whole world. At the end of each decade pray: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. Repeat three times at the conclusion.

Kiswahili: Mwanzo: Kwa jina la Baba, na la Mwana, na la Roho Mtakatifu. Amina. Sala ya mwanzo: Ee Damu na Maji yaliyotoka moyoni mwa Yesu, kama chemchemi ya huruma kwetu, nakuamini. Rudia mara tatu. Kisha omba Baba Yetu, Salamu Maria na Kanuni ya Mitume. Kwenye punje kubwa: Baba wa Milele, nakutolea Mwili na Damu, Nafsi na Umungu wa Mwanao mpenzi, Bwana wetu Yesu Kristo, kuwa malipizi kwa dhambi zetu na za ulimwengu mzima. Kwenye punje kumi: Kwa ajili ya mateso yake machungu, utuhurumie sisi na ulimwengu mzima. Mwisho wa kila sehemu: Mungu Mtakatifu, Mwenye Nguvu Mtakatifu, Asiyekufa Mtakatifu, utuhurumie sisi na ulimwengu mzima. Rudia mara tatu mwishoni.

Hail Holy Queen / Salamu Ee Malkia

English: Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

Kiswahili: Salamu Ee Malkia, Mama wa huruma, uzima wetu, furaha yetu na tumaini letu. Tunakulilia sisi wana wa Hawa waliohamishwa; tunakutumia pumzi zetu, tukilia na kuomboleza katika bonde hili la machozi. Basi, ee Mwombezi wetu, utugeukie kwa macho yako ya huruma; na baada ya uhamisho huu utuonyeshe Yesu, mzao aliyebilikiwa wa tumbo lako. Ee Mpole, Ee Mpendwa, Ee Bikira Maria mtamu. Utuombee, Ee Mama Mtakatifu wa Mungu, tupate kustahili ahadi za Kristo. Amina.

Prayer to St Michael / Sala kwa Mtakatifu Mikaeli

English: 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, thrust into hell Satan and all evil spirits who wander through the world seeking the ruin of souls. Amen.

Kiswahili: Mtakatifu Mikaeli Malaika Mkuu, utulinde katika mapambano. Uwe ulinzi wetu dhidi ya uovu na mitego ya Ibilisi. Mungu amkaripie, tunakuomba kwa unyenyekevu; nawe, ee Mkuu wa majeshi ya

mbinguni, kwa uwezo wa Mungu, msukumie kuzimu Shetani na pepo wote wabaya wanaozunguka duniani wakitafuta kuangamiza roho. Amina.