

## **MORNING PRAYERS**

### **MORNING OFFERING OF THE SACRED HEART OF JESUS**

O JESUS, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and in particular for the intentions of our Holy Father for this month. Amen.

### **ACT OF FAITH**

O MY GOD, I firmly believe that You are one God in Three Divine Persons, Father, Son and Holy Spirit; I believe that Your divine Son became Man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths, which the Holy Catholic Church teaches, because You revealed them, who can neither deceive nor be deceived. Amen.

### **SCHOOL PRAYER**

O HOLY SPIRIT OF GOD, abide with us; inspire all our thoughts; pervade our imaginations; suggest all our decisions; order all our doings. Be with us in our silence and in our speech, in our haste and in our leisure, in company and in solitude, in the freshness of the morning and in the weariness of the evening; and give us grace at all times humbly to rejoice in Thy mysterious companionship, through Christ our Lord. Amen.

### **PETITIONS**

(After all sets of prayers, the following petitions are recited)

Our Lady of the Holy Rosary, *pray for us.*

St. Joseph the Worker, *pray for us.*

St Therese of the Child Jesus, *pray for us.*

St. Thomas Aquinas, Patron of Schools, *pray for us.*

Our Patron saints and Guardian Angels, *pray for us.*

May the souls of the faithful departed, *through the mercy of God, rest in peace. Amen.*

## **LUNCH PRAYERS**

### **THE ANGELUS**

L: The Angel of the Lord declared unto Mary.

R: And she conceived of the Holy Spirit.

All: Hail Mary...

L: Behold the handmaid of the Lord.

R: Be it done unto me according to Thy word.

All: Hail Mary...

L: And the Word was made flesh.

R: And dwelt among us. [genuflect]

All: Hail Mary...

L: Pray for us, O holy Mother of God.

R: That we may be made worthy of the promises of Christ.

L: Let us pray.

All: 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 Christ our Lord. Amen.

#### **REGINA CAELI**

V. Queen of Heaven, rejoice, alleluia.

R. For He whom you merited to bear, alleluia.

V. Has risen, as He said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

#### **GLORY BE/ DOXOLOGY**

L: Teach me, O Lord, to do Thy will,

All: for Thou art my God. Amen.

#### **GRACE BEFORE MEALS**

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

## **GRACE AFTER MEALS**

We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest world without end. Amen.

## **ACT OF HOPE**

O my God, relying in Your infinite goodness and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

## **MEMORARE**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions but in thy mercy, hear and answer me. Amen.

## **AFTERNOON PRAYERS**

### **SIGNUM CRUCIS**

In nomine Patris et Filii et Spiritus Sancti. Amen.

### **ACT OF LOVE**

O MY GOD, I love you above all things, with my whole heart and soul, because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen

### **PATER NOSTER**

Pater noster, qui es in cælis, sanctificetur Nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in cælo et in terra. Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo. Amen.

### **AVE MARIA**

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostræ. Amen

## **DOXOLOGIA MINOR**

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in sæcula sæculorum. Amen.

## **MASS PRAYERS**

**(Before Mass)**

### **PRAYER OF ST THOMAS AQUINAS**

Almighty and ever living God, I approach the Sacrament of your only-begotten Son, our Lord Jesus Christ:

I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth.

Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness.

May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation.

May I receive the Sacrament of the Lord's Body and Blood, and its reality and power.

Kind God, May I receive the body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into His mystical Body and numbered among His members.

Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see Him face to face in glory, who lives and reigns with you for ever. Amen.

## **CONFITEOR**

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

**(After Recessional Hymn)**

### **PRAYER TO ST. MICHAEL**

St. 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, cast into Hell Satan, and all the evil spirits, who prowl about the world, seeking the ruin of souls. Amen.

## **ANIMA CHRISTI**

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water flowing from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds, hide me.  
Suffer me not to be separated from thee  
From the malicious enemy, defend me.  
At the hour of my death, call me  
And bid me come to thee,  
That with thy saints, I may praise Thee Forever and ever. Amen.

## **ROSARY**

### JOYFUL MYSTERIES

*The Annunciation*

*The Visitation*

*The Nativity*

*The Presentation of Jesus at the Temple*

*The Finding of the Child Jesus in the Temple*

### SORROWFUL MYSTERIES

*The Agony in the Garden*

*The Scourging at the Pillar*

*The Crowning with Thorns*

*The Carrying of the Cross*

*The Crucifixion*

### GLORIOUS MYSTERIES

*The Resurrection*

*The Ascension*

*The Descent of the Holy Spirit*

*The Assumption of Mary*

*The Coronation of the Blessed Virgin Mary*

### LUMINOUS MYSTERIES

*The Baptism of Jesus in the Jordan*

*The Wedding at Cana*

*Jesus' Proclamation of the Kingdom of God*

*The Transfiguration*

*The Institution of the Eucharist*

### **THE APOSTLES' CREED**

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 arose again from the dead; He ascended into Heaven and is seated 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.

### **FATIMA PRAYER**

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.

### **HAIL HOLY QUEEN**

Hail, holy Queen, Mother of Mercy! Our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley, of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb Jesus; O clement, O loving, O sweet virgin Mary.

V: Pray for us, O holy Mother of God.

R: That we may be made worthy of the promises of Christ.

### **CONCLUDING PRAYER OF THE ROSARY**

R: O God, whose only begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech Thee, that by meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

### **COMMON PRAYERS**

#### **THE SIGN OF THE CROSS**

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

### **OUR FATHER**

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 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.

### **GLORY BE/ DOXOLOGY**

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.

### **MAGNIFICAT**

My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior. For he has looked with favor on his lowly servant. From this day all generations will call me blessed. For the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, He has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has come to the help of his servant Israel, for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and his children forever. Amen

### **THE NICENE CREED**

We believe in one God, the Father, the Almighty maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father.

Through him all things were made. For us men and for our salvation he came down from heaven (*Bow*) by the power of the Holy Spirit he was born of the Virgin Mary, and became man. (*Rise*) For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of Life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

#### **ACT OF CONTRITION**

*(Traditional)*

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen

#### **ACT OF CONTRITION**

*(Baltimore Catechism)*

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen

#### **ACT OF CONTRITION**

*(Modern)*

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

#### **CHAPLET OF DIVINE MERCY**

##### **Optional Opening Prayers**

YOU EXPIRED, JESUS, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

##### **OUR FATHER**

##### **HAIL MARY**

##### **APOSTLE'S CREED**

**On the large bead before each decade:**

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 the ten small beads of each decade:**

For the sake of His sorrowful Passion, *have mercy on us and on the whole world.*

**Conclude with** (Say 3 times)

HOLY GOD, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

**Optional Closing Prayer**

ETERNAL GOD, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

**PRAYER BEFORE STUDY**

CREATOR OF ALL THINGS, true source of light and wisdom, origin of all being, graciously let a ray of Your light penetrate the darkness of my understanding. Take from me the double darkness in which I have been born, namely that of sin and ignorance. Give me a keen understanding, a retentive memory, and the ability to grasp things correctly and fundamentally. Grant me the talent of being exact in my explanations and the ability to express myself with thoroughness and charm. Point out the beginning, direct the progress, and help in the completion. I ask this through Jesus Christ our Lord. Amen

**PRAYER TO MY GUARDIAN ANGEL**

Angel of God, my guardian dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

**ETERNAL REST PRAYER**

Eternal rest grant unto *him*, O Lord; and let perpetual light shine upon *him*. May *he* rest in peace. Amen.

**COME HOLY SPIRIT**

COME, HOLY SPIRIT, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

L: Send forth Thy Spirit and they shall be created.

R: And Thou shalt renew the face of the earth.

L: Let us pray.

All: O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in that same Spirit, to be truly wise, and ever to rejoice in His consolation, Through Christ our Lord. Amen