

The Litany of Humility

(The Response is: Deliver Me, Jesus)

From the belief that I have to earn Your love,
From the fear that I am unlovable,
From the false security that I have what it takes,
From the fear that trusting You
will leave me more destitute,
From all suspicion of Your words and promises,
From the rebellion against
childlike dependency on You,
From refusals and reluctances in accepting Your will,
From anxiety about the future,
From resentment or excessive preoccupation
with the past,
From restless self-seeking in the present moment,
From disbelief in Your love and presence,
From the fear of being asked
to give more than I have,
From the belief that my life has no meaning or worth,
From the fear of what love demands ,
From discouragement,

(The Response is: Jesus, I trust in You)

That You are continually holding me,
sustaining me, loving me,
That Your love goes deeper than
my sins and failings and transforms me,
That not knowing what tomorrow brings
is an invitation to lean on You,
That You are with me in my suffering,
That my suffering, united to Your own,
will bear fruit in this life and the next,
That You will not leave me orphan,
that You are present in Your Church,
That Your plan is better than anything else,
That You always hear me and
in Your goodness always respond to me,
That You give me the grace to accept forgiveness
and to forgive others,
That You give me all the strength I need
for what is asked,
That my life is a gift,
That You will teach me to trust You,
That You are my Lord and my God,
That I am Your beloved one,

Prayer to Our Lady

O Mary, you always shine on our path as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain,
keeping your faith firm. You know what we need, and we are sure you will provide so that,
as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father
and to do as we are told by Jesus, who has taken upon Himself our sufferings
and carried our sorrows to lead us, through the cross, to the joy of the resurrection.

Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but
deliver us from every danger, O glorious and blessed Virgin.

Amen.



3:00 Prayers



The Divine Mercy Chaplet

1. Make the Sign of the Cross

2. The 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.
(Repeat three times)

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

3. 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.

4. 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.

5. 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; 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.

6. The Eternal Father:

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.

7. On the 10 Small Beads of Each Decade:

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

8. Repeat 6-7 for the remaining decades:

9. Conclude with Holy God :

(Repeat three times)

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

10. The 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.